



WHAT TO LOOK FOR

Symptoms of Pain

- In the anterior and/or posterior pelvic region
- With rolling in bed
- With lower extremity weight-bearing

Risk Factors

- History of lumbar or pelvic girdle pain
- High level of disability immediately postpartum
- Cesarean section
- Depressive symptoms
- Multiparity
- Higher BMI



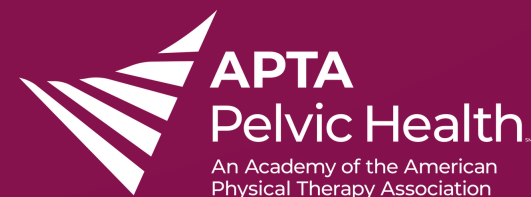
Find a Physical Therapist Using the PT Locator



www.aptapelvichealth.org/ptlocator

POSTPARTUM PELVIC GIRDLE PAIN

Provider Version



WHAT IS PELVIC GIRDLE PAIN?

- Pain experienced **between the posterior iliac crest and the gluteal fold**, particularly in the vicinity of the **sacroiliac joint**
- Can radiate into the **posterior thigh**
- May occur in conjunction with pain in the **pubic symphysis**



When can it happen?

- During **pregnancy**, immediately **after delivery**, or **up to 2 years postpartum**
- Most cases will resolve spontaneously, however a subset of individuals will experience persistent pain postpartum

Why does it matter?

- Pelvic girdle pain is a **leading cause of disability** in postpartum individuals

PHYSICAL THERAPY

How can patients benefit?

- Significant evidence exists to support PT intervention for postpartum individuals to **reduce pain and disability**
- Initiating PT **within 3 months** postpartum may reduce the likelihood of chronic pain



CLINICAL PRACTICE GUIDELINES



Simonds, et al. Clinical Practice Guidelines for Pelvic Girdle Pain in the Postpartum Population. *Journal of Women's Health Physical Therapy*. 2022;46(1):E1-E38.



EVIDENCE-BASED PHYSICAL THERAPY

Examination

- Patient reported outcome measures to measure disability
- Screening for pelvic floor dysfunction
- Lower quarter neurologic screen
- Assessment of muscle function, including abdomen, back, hips
- Pain provocation tests
- Limb loading tests

Interventions

- Education
- Stabilization and other exercises to address muscle performance
- Functional training
- Manual therapy
- Use of a pelvic belt