

Pregnancy and Back Pain

Conservative Treatment Approaches

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Stretches and Massage

Many massage therapists offer massages for the mom to be. The primary objectives of this type of massage are to relax the mother, to improve regional blood circulation, increase soft tissue mobility, and reduce adhesions/scar tissue within muscles and their attachments. Massage therapists often use special pillows, tables, and other supports help make their pregnant patient as comfortable as possible.

Braces

Several different types of back and breast supports have been developed to help support the woman as she progresses through pregnancy. The lumbar braces work by guiding and supporting the woman into an efficient posture while adding support to the lumbar spine (low back) and at the same time reinforcing stretched and weak abdominal muscles. The use of any brace should be approved and fitted by a licensed healthcare provider.

Additional treatment options include:

- Ice and heat
- Bracing
- Foot orthotics
- Exercise to facilitate aerobic fitness without overloading the musculoskeletal system
- Lessons on how to be safe performing the activities of daily life during pregnancy, labor, and childcare activities (such as lifting baby and car seats, breast feeding, etc.)

Pregnancy-related back pain ranges from mild discomfort after standing for long periods, to debilitating pain that can limit your ability to function. Although back pain can be a sign of a more serious condition, including labor, in most cases it is the result of changes happening within the body.

Basic Exercises

A gentle exercise routine with controlled stretching and will often help reduce muscle spasms, improve posture and decrease pain. Before beginning any exercise program obtain your physicians approval. Let your physician know what type of exercises you would like to use. Simple exercises can be performed almost anywhere and are safe from first trimester through postpartum.

Simply spending as little as ten to fifteen minutes a day can help prevent and manage back pain during pregnancy. Setting aside a few minutes each day to exercise can allow you to enjoy your pregnancy and prepare you to recover faster after delivery. Performing the right exercises can prevent future episodes of low back pain and help improve your labor, delivery, and postpartum recovery.