

Pregnancy and Back Pain

Muscle Imbalance During Pregnancy

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When a pregnant woman walks, moves, bends, twists or sleeps, her increased weight and changing posture causes an imbalance of normal muscle balance. Unfortunately, muscle imbalances during pregnancy are not recognized or addressed properly by most health practitioners. Muscles must work together efficiently to allow smooth motion. The opposing muscle stretches while the active muscle shortens. Each side should be of equal tone and strength.

Muscle imbalances occur during pregnancy secondary to new demands placed upon the enlarging abdomen. Chronic or progressive muscle imbalance involving the core muscles can result in pelvic and/or low back pain or dysfunction.