

Pregnancy and Back Pain

Preventing Back Pain During Pregnancy

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Back pain which develop during pregnancy does not always resolve. As many as 10% of women who develop pain during pregnancy will not experience full recovery from their back pain after pregnancy. It is therefore important to try to prevent back pain during pregnancy. The vast majority of women will experience resolution of their back pain within three months of delivery. Taking some simple steps to protect your back while pregnant can significantly decrease symptoms and perhaps even prevent back pain altogether. Preventative measures include:

- Regular abdominal and back exercises (Particularly Pelvic Tilts)
- Regular stretching exercises
- Maintain good posture
- When lifting and bending, use appropriate technique
- Make sure your chair, and workstation are adjusted correctly
- Limit physical activities such as bending and stooping
- Avoid high-heeled shoes
- Get plenty of rest
- Wear a professionally fitted support belt below the abdomen
- Receive regular chiropractic care
- Work with health care professionals to prevent excessive weight gain
- Drink 8 glasses of water per day
- Eat at least 5-9 servings of fruits and vegetables (fiber containing foods)
- Avoid constipating low-fiber foods
- Use comfortable innersole shoe foot supports