



## Pelvic Pain

Pain in pelvic region may come from a multitude of causes and can become chronic in nature. Often associated with pregnancy it is assumed it will “all go away” when the baby is born and it may be months or even years later that the mother is still suffering.

During pregnancy the ligaments of the pelvic ring soften to prepare for the birth. As the ligaments “give” the bones can come out of their normal alignment. Faulty postures and muscle imbalances that alter joint mechanics produce joint and muscle related pains in the pelvis.

At the Wye Physiotherapy Practice we specialise in helping such problems. Gentle muscle energy techniques are given to aid the re-alignment of the joints and to relax the overactive muscles. Advice on posture control and exercises to improve stability will aid in the reduction of pelvic pain.

Occasionally in the later stages of pregnancy additional support may be required. In such cases a Fembrace can give remarkable relief. Your midwife can advise on this.