# Pregnancy Back Pain Relief Checklist

This checklist helps pregnant women ease and prevent back pain with practical everyday steps.

- [ ] Apply a warm compress or heating pad to the lower back to relax tense muscles.
- [ ] Try gentle pregnancy-safe exercises such as pelvic tilts, prenatal yoga or swimming.
- [ ] Wear supportive, flat shoes and avoid high heels.
- [ ] Sleep on your side with a pillow between your knees.
- [ ] Use a full-body or wedge pregnancy pillow to support your belly and back.
- [ ] Bend your knees and squat to lift instead of bending at the waist, and avoid heavy lifting.
- [ ] Sit in chairs with lumbar support, with feet flat on the ground and legs uncrossed.
- [ ] Ask about a belly band or maternity belt for extra support.
- [ ] Ask about physical therapy or prenatal chiropractic care for tailored help.
- [ ] Contact your doctor immediately if pain is severe or constant, or comes with cramping, fever or vaginal bleeding.

**Notes**

For general education only. Not a substitute for professional medical advice.