Pelvic Girdle Pain Relief Checklist

This checklist helps the reader find gentle ways to manage pelvic girdle pain during pregnancy.

- [ ] Do gentle exercises to strengthen the pelvic floor, stomach, back and hip muscles.
- [ ] Hold each stretch for at least 5 to 10 seconds and repeat it 4 to 5 times.
- [ ] Try pelvic tilts while sitting tall on a chair or birthing ball, taking care if the lower back is sore.
- [ ] Try pelvic circles on a birthing ball, then swap direction, to increase flexibility around the hip and pelvis.
- [ ] Use a pregnancy pillow between the legs to ease pressure and support sleep.
- [ ] Apply heat or cold packs to the pelvic area for relief from discomfort, pain or inflammation.
- [ ] Take warm baths and add pelvic stretches to the daily routine.
- [ ] Practice deep breathing or meditation to relieve tension and muscle tightness in the pelvic area.
- [ ] Rest, and avoid activities that strain the pelvis.
- [ ] Discuss pelvic discomfort with a physician, especially if the pain becomes severe.

Notes

For general education only. Not a substitute for professional medical advice.
Read the full article: https://healthhorizonguide.com/chiropractic/managing-pelvic-girdle-pain-during-pregnancy/