

Antenatal
Back Group



Welcome

This is an information group

We hope that the symptoms affecting your back, pelvis and any other pregnancy related discomfort that you are experiencing will be addressed here.

We will also cover posture, positioning and pelvic floor muscle strengthening.



Your Pathway with us

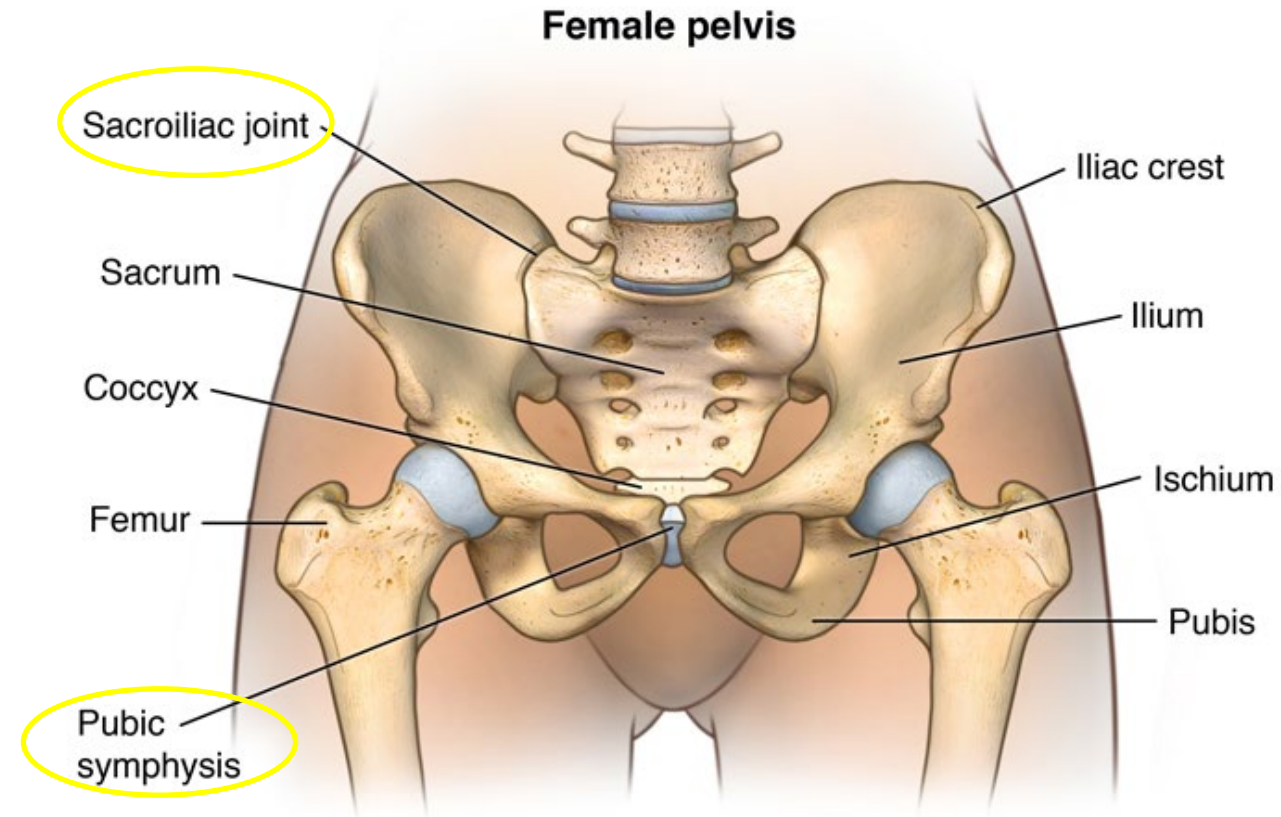
After this session you will be placed on SOS until 12 months after delivery of your baby. During this time you can call our Reception Team to book an appointment if you would like to talk to a Women's Health Physiotherapist.

If you are registered with a Bournemouth or Christchurch GP please call: 0300 019 4418

If you are registered with a Poole GP please call: 0300 019 2121

If you are registered with a Dorchester GP please call: 01305 255314

Anatomy of the pelvis



Back Pain In Pregnancy

- Affects 50% of all pregnant women
- 1/3 of which are affected severely
- Pelvic Girdle Pain (PGP) is common, affecting 1 in 5 pregnant women
- PGP is worsened by: walking, climbing stairs and turning over in bed
- Treatment is safe at any stage during or after pregnancy.
- Other Discomforts which can occur in pregnancy include: shoulder blade and rib pain, tingling fingers and difficulty getting comfortable in bed

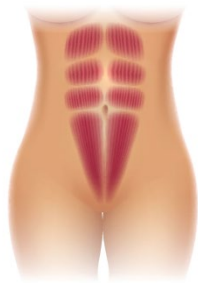
Factors Causing Pain and Discomfort



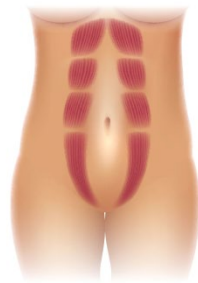
Hormones



Fatigue

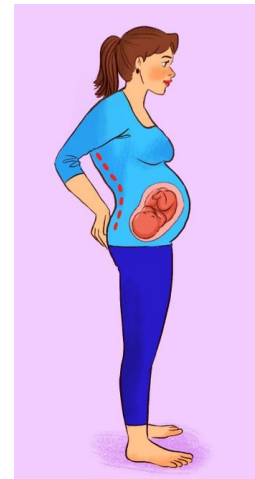


NORMAL ABDOMEN



DIASTASIS RECTI

Muscle Changes



Posture

PREGNANCY WEIGHT DISTRIBUTION

Recommended Weight Gain
20-30 lbs



7.5 LBS BABY



1.5 LBS PLACENTA

4 LBS FLUID VOLUME



2 LBS UTERUS



2 LBS BREAST TISSUE

4 LBS BLOOD VOLUME



7 LBS MATERNAL STORES
FAT, PROTEIN, & OTHER NUTRIENTS



2 LBS AMNIOTIC FLUID



Advice on posture

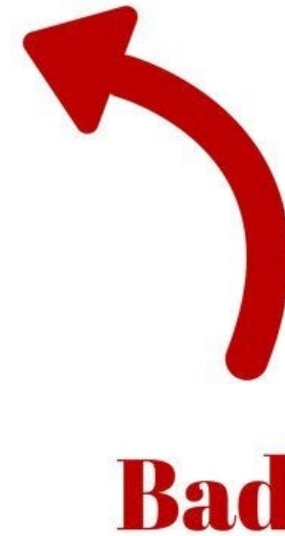
Standing



Neutral



Anterior
Pelvic Tilt



Advice on posture

Standing

- In standing if your lower back is getting tired, bring your feet to hip width apart, soften your knees and tilt your pelvis back a small amount to reduce the pressure on your lumbar spine.
- This will also bring your bump in and up slightly when you engage your pelvic floor

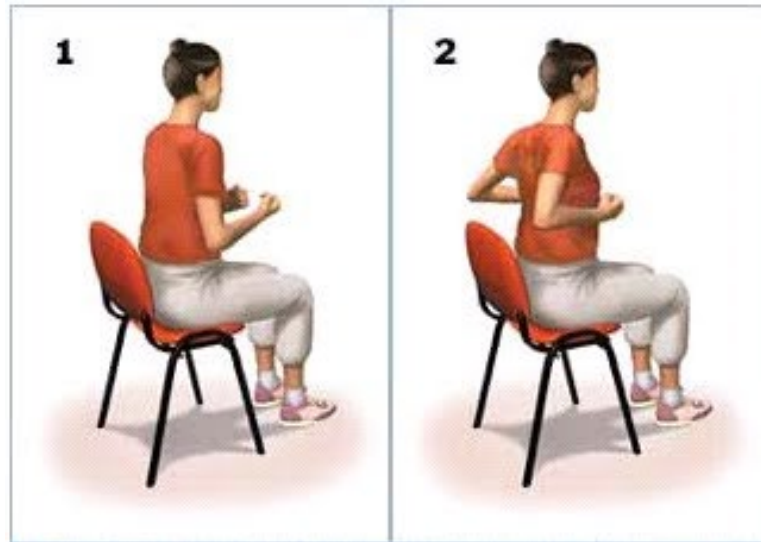
Advice on posture

Upper body and Shoulders

- As the baby grows, the ribs flare to make room and this can be uncomfortable for some.
 - To prevent rounded shoulders and fixed postures whilst sitting at a desk or standing.
 - Bring your shoulders up towards your ears, take them back imagining your shoulder blades are getting closer to your spine and then lower the shoulders to a natural position without allowing them to come forward.
- This will alleviate the muscles in your upper back from stretch and strain and may ease pregnancy related shoulder blade and rib pain

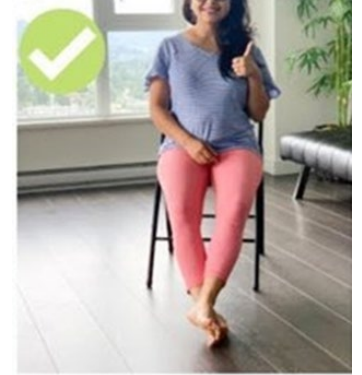
Advice on posture

Upper body posture





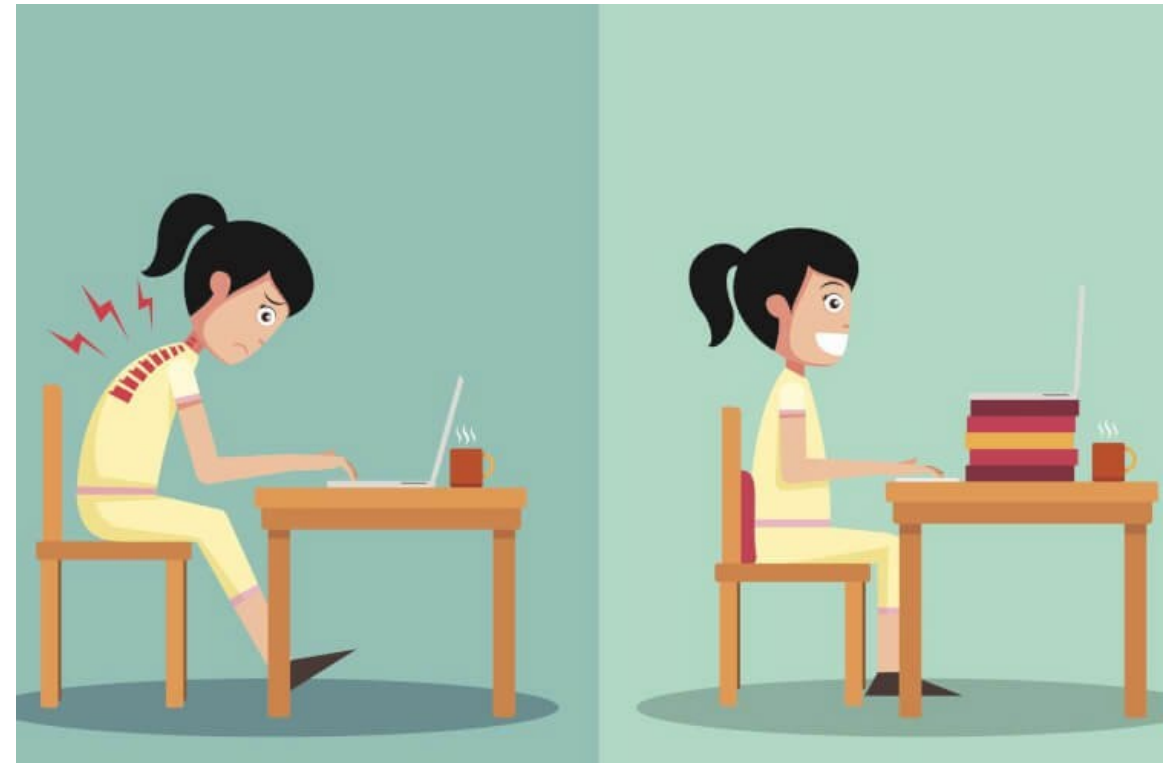
Advice on posture Sitting



- Sitting:
 - For prolonged sitting whilst working, where possible, use a chair that supports the thighs with your feet flat on the ground.
 - A small towel to support your lumbar curve is helpful.
 - You can use regular upper body posture exercises and pelvic tilting to prevent a prolonged fixed posture alongside standing up and stretching every 20-30 minutes

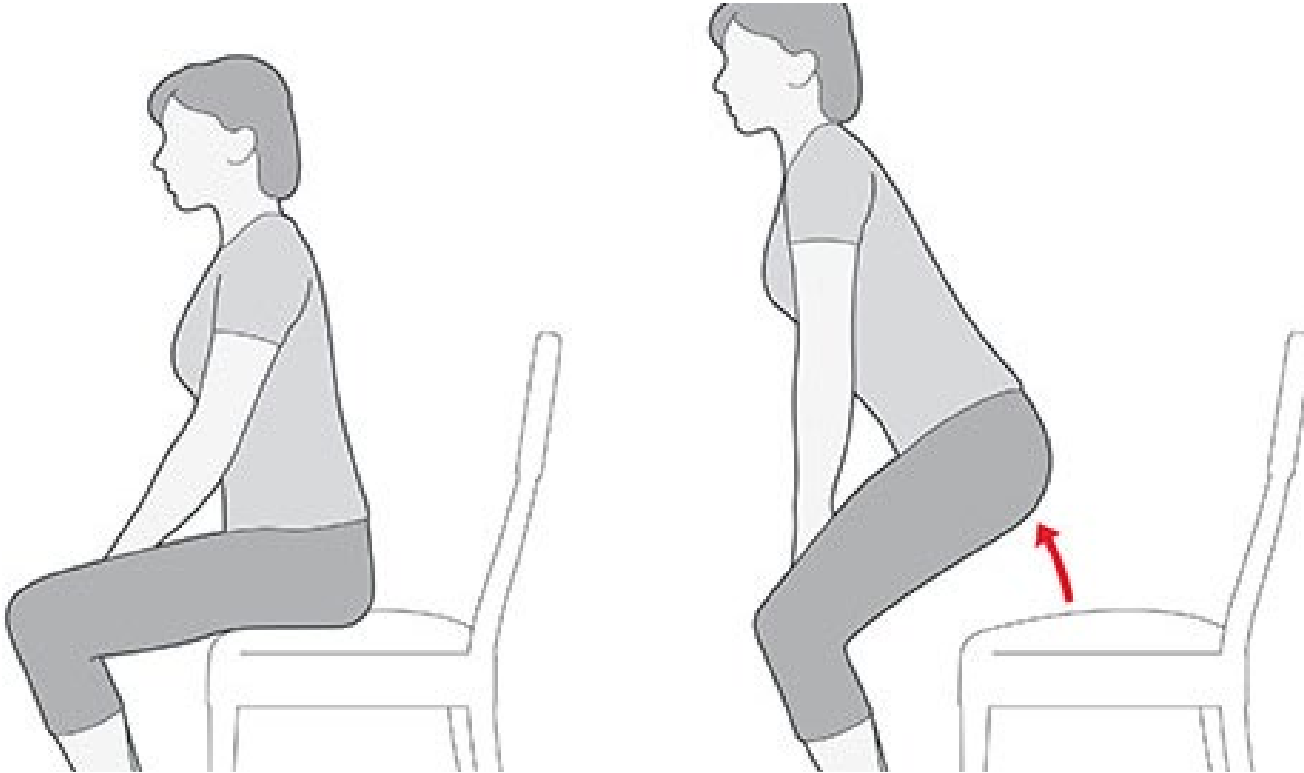
Advice on posture

Sitting



Moving from seated position

Sit to stand



Begin with your feet firmly on the ground, leaning forwards with your nose over your toes, pushing up with your hands and using your buttock muscles to straighten up

Moving from seated position In the car

You can use a plastic bag on your seat to enable you to keep your thighs together as you swivel your legs into the car



Bed and sleeping

Getting into bed

- Try to avoid taking the legs apart. Sit on the edge of the bed, bring your head to the pillow whilst bringing both legs up together

Moving around in bed

- Rolling over on your back whilst keeping your knees together
- Coming up onto your hands and knees and then repositioning onto your other side
- From lying on your side, bring your feet off the edge of the bed to come into sitting. Move the pillow to the foot end of the bed and reposition into a lying position at the other end of the bed (you will now be lying on your other side)



Getting in and out of bed

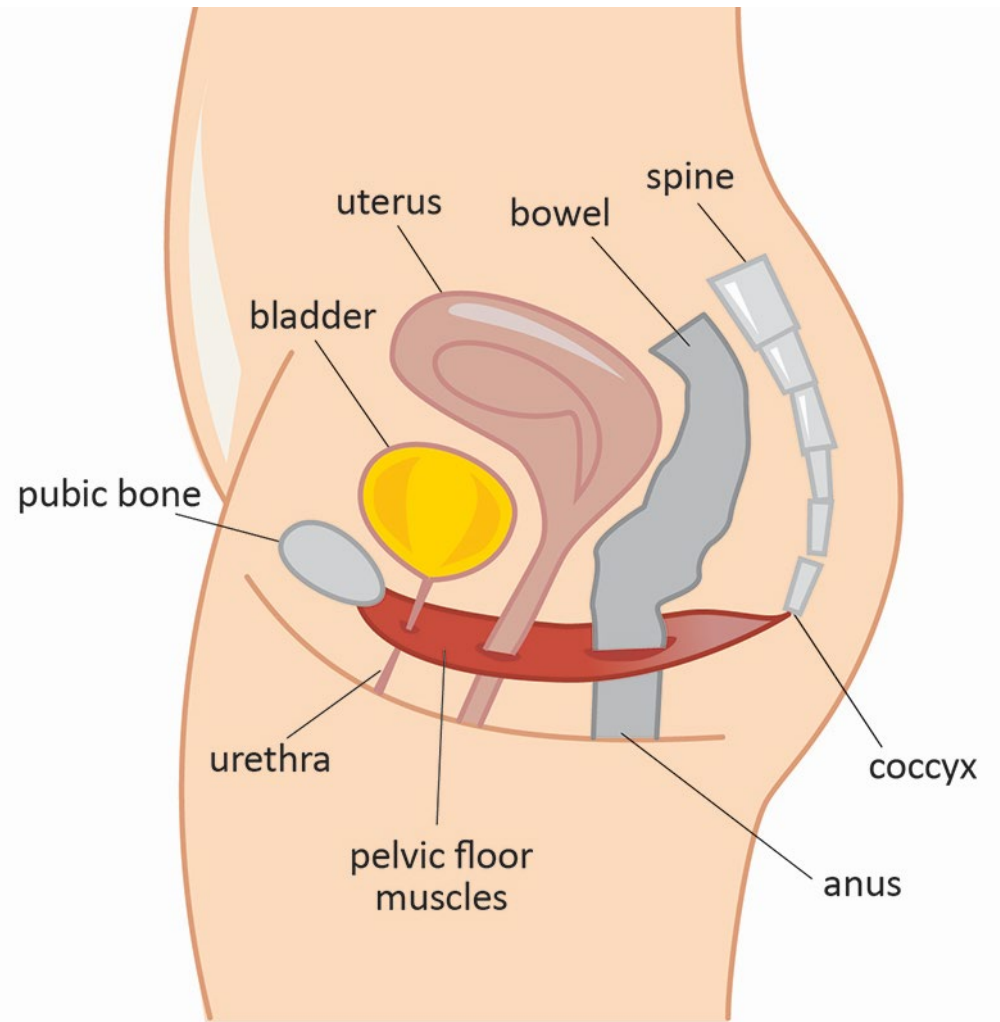




Pacing

- Slowing down your pace of life, exercise routine is understandably difficult. You may have responsibilities such as other children and other people to care for along side any working commitments.
- Whether your job entails sitting for long periods of time or on your feet all day you will need to make some changes in order to protect yourself from pain and discomfort.





Your pelvic floor muscles



The role of your pelvic floor muscles

- Control over bladder and bowel function
- Maintaining and improving good muscle tone and strength, especially during pregnancy
- Pelvic floor and abdominal core support for your pelvis and lower back
- Protecting against prolapse
- Good sexual function



Why do you need to exercise your pelvic floor now??

- Practising Pelvic floor exercises during pregnancy reduces unwanted bladder loss afterwards.
- In the long term the benefits of a healthy strong pelvic floor will protect you from prolapse which can lead to urinary leakage.
- During the menopause our oestrogen levels decrease, it is around this time that pelvic floor weakness can become a problem and symptoms may develop.

Participants Needed for Research Study on Pelvic Floor Training

Are you currently **pregnant**? Do you need support with **pelvic floor muscle training**?

Participation involves

- Following a pelvic floor muscle training programme from the start of the third trimester to 4 months after birth
- Three remote follow ups
- Optional interview at the end of the study

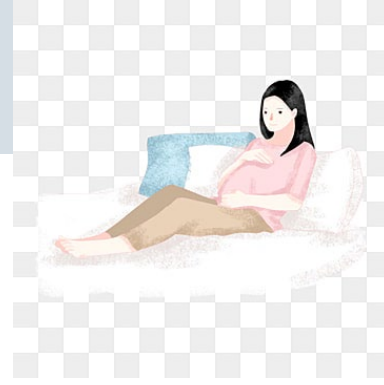
Potential benefits

- Teaching and support with pelvic floor muscle training during pregnancy
- £10 worth of LoveToShop vouchers

FOR MORE INFORMATION

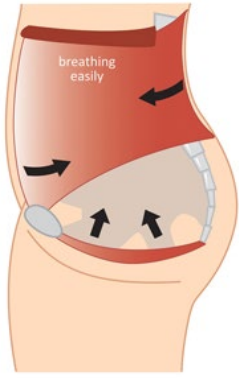
Contact Rosie Harper on rharper1@bournemouth.ac.uk or scan the QR code





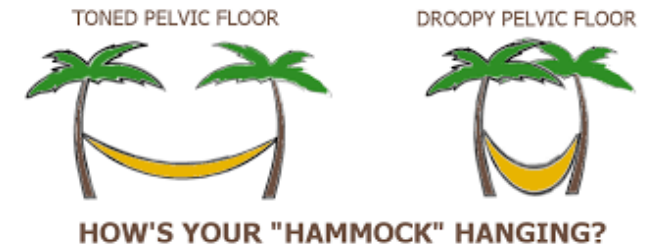
Pelvic floor strengthening exercises

- Choose a comfortable position. Whilst heavily pregnant you may prefer to do this in sitting or side lying, supported by pillows or on your hands and knees.
- As your pregnancy progresses and you become heavier you may find these exercises more difficult but it is worth continuing to practice them as able. Side lying or long sitting removes gravity against the muscle whilst you are exercising it, this makes it easier.
- It is easy to use the wrong muscles instead of the pelvic floor muscles, don't clench your buttocks, squeeze your legs together or hold your breath.



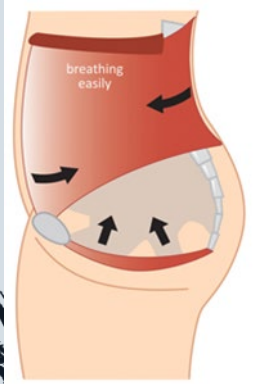
How to do your exercises

- To engage your pelvic floor: draw your back passage tightly closed as well as feeling the vagina and front areas tightening as if preventing wind, smuggling a diamond and preventing urine
- To improve the muscle endurance
 - Squeeze upwards and hold for as long as you can, relax and rest for at least four seconds. Repeat this until the muscle tires
- To improve your ability to quickly contract and relax
 - Squeeze upwards and release immediately, rest for at least four seconds and repeat until the muscles tire



How to do your exercises

- The 'Toner' Exercise
 - This is something you can practise whilst standing or sitting. Squeeze upwards 50%, this is a 'half hold' and you can practice holding this for longer periods of time.
- The 'Knack' Exercise
 - This uses your quick squeeze exercises. Try to squeeze your pelvic floor muscles up as hard as you can before lifting, laughing, coughing or sneezing



Post Natal Pelvic Floor Exercises

- If you have had a vaginal delivery or a caesarean section you will experience immediate post natal symptoms such as swelling, pain, numbness, altered sensation and possibly lack of bladder control
- You may have a catheter in for a short period of time after the birth and in this case, you must wait until the catheter is out before beginning any pelvic floor exercises
- As you are able within comfortable limits you can start to do small squeezes as soon as you want to.
- As you recover and begin to mobilise more after having your baby you will be able to progress your exercises to a more structured daily programme.
- Listen to your body and do not exercise into any pain. It may take a few weeks to build up your pelvic floor strength
- Try and adapt your every day routine to incorporate these exercises little and often



Tips and summary

Posture

- Check your posture and reposition if you are getting uncomfortable.
- Avoid twisting, bending and lifting.
- Kneel down for low jobs, use a low stool or wait for help
- Pacing: try to spread out housework and get help if possible for vacuuming, bed making and shopping.

Tips and summary

- Use a rolled up towel, maternity pillow, or normal pillows for support.
- When sitting ensure your knees are not above your hips when you sit down.
- Gym ball to ensure good posture whilst sitting and allowing the pelvis to move gently at rest.
- Good supportive chair if sitting at a desk with movement and stretching every 20-30 minutes.
- Plastic bag on car seat.
- When carrying bags or children try to keep the weight even, i.e not carrying a child on your hip.
- Heat, baths, hot water bottles can be used but avoid over the bump.
- Ice over painful areas, e.g. wet flannel.
- TENS machine.
- Maternity belt.
- Tubigrip support.
- Walking Aids – elbow crutches / wheelchair.

Please click on these two links to see helpful youtube videos. They are both around 10 minutes long

- [Managing your Symptoms of Pelvic Girdle Pain in Pregnancy](#)
- [Fit and Active during Pregnancy](#)

What Physiotherapy can offer

- Advice on TENS machines, maternity belts and tubigrip support.
- Gentle mobilisations
- Soft tissue massage
- Strengthening exercises
- Posture and pain advice
- Bladder, bowel and sexual function advice
- Post natal advice

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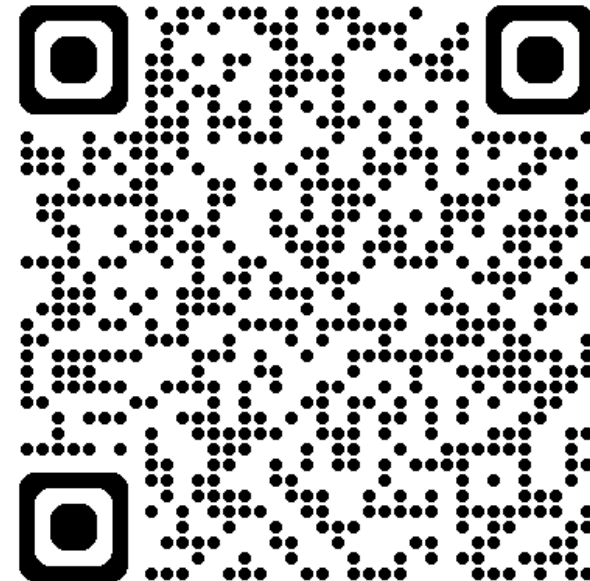
FOR MORE INFORMATION

Contact Rosie Harper on rharper1@bournemouth.ac.uk or scan the QR code



And Finally

- Thank you for taking part in this virtual session. Any questions?
- Most patients put into practice the advice
- For Poole patients who then need follow up please call
- 0300 019 2121
- For Christchurch patients who then need follow up please call
- 0300 019 4418
- For Dorchester patients who then need follow up please call
- 01305 255 314
- Most patients use the resources on the next page
- **Please help us to improve our service to you and take our survey about Pelvic Health care**

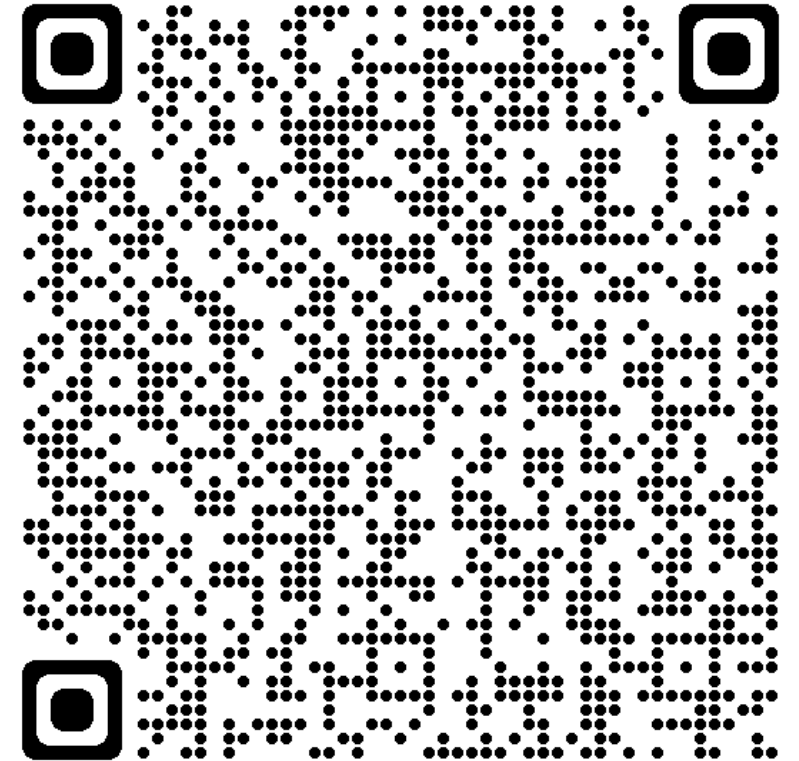


To access the powerpoint

- The PowerPoint is found by holding a smart phone camera over this QR code and clicking the highlighted square.
- If you do not have a smart phone, please go to;
- University Hospitals Dorset/ Our services/ Pelvic floor and click this box

[Click here if you have been to our Group Consultation >](#)

- Open Poole or Christchurch PERINATAL pelvic Health Group to see the PowerPoint



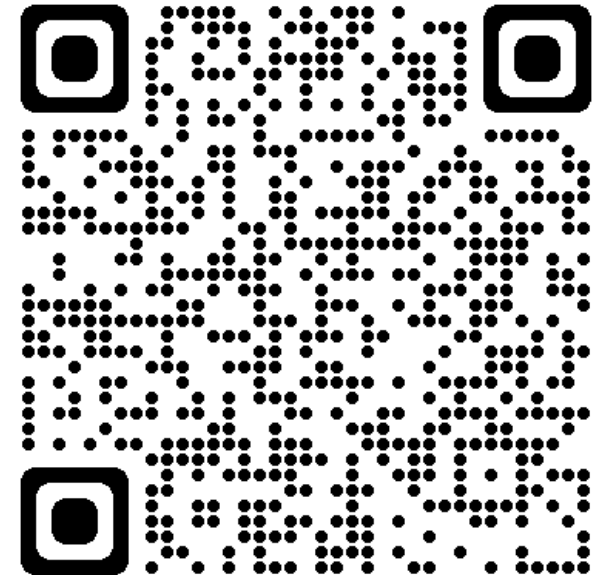
Helpful Internet Videos For Exercise and Information

Please click on these two links to see helpful youtube videos. They are both around 10 minutes long

- [Managing your Symptoms of Pelvic Girdle Pain in Pregnancy](#)
- [Fit and Active during Pregnancy](#)

Please click on the following link for a gentle antenatal exercise programme

- [Prenatal Exercise Class Nuffield Health](#)



[Maternity Matters website](#)