

Pelvic Girdle Pain



ALCHEMY
IN MOTION

What is it?

PGP occurs when the joints within the pelvic girdle (sacroiliac joint (SIJ) & pubic symphysis joint (PSJ)) become inflamed and sore

The SIJ and PSJ are responsible for absorbing force however the PSJ also assists in childbirth by gentle stretching to allow baby's head to pass through the pelvis

Causes

PREGNANCY PGP occurs due to:

- Increased weight sitting in pelvis
- Hormonally induced ligamentous laxity
- Muscular overactivity & tension
- Postition of baby

POSTNATAL PGP occurs due to:

- Childbirth related trauma
- Overuse and poor posture

Symptoms

- Pain, tenderness & swelling over the PSJ or SIJ
- Provocative movements can include:
 - Rolling in bed
 - Sit to stand
 - Getting in / out of car
 - Walking
 - Stairs
- Low back pain
- Sensation that one leg is longer than the other

Physiotherapy Treatment

- Myofascial massage - releases tight muscles & soft tissue
- Musculoskeletal mobilisation (if indicated) - may include pelvic correction techniques & gentle stretching
- Compression- aims to lift pregnant belly hence reducing amount of weight into pelvis
- Bracing - if specific joints are deemed "lax" a supportive brace may be prescribed
- Ergonomic advice (as indicated)
- Ice / cold therapy for inflamed, sore joints
- Heat therapy - for tight, overactive muscles
- Mobility aid prescription - in severe cases in order to assist in mobilisation

Other Treatment Options

- Anti-inflammatory medications - consult your doctor or pharmacist for advice
- Immobilisation (bed rest) - in severe cases complete or partial immobilisation may be indicated to reduce the pressure and strain going through inflamed joints

References: See website

Who to see



Alice Mackenzie



Ocean Kabikwa



Zoe Mills