

# PREGNANCY ISSUES



A developing baby increases in weight throughout pregnancy but also the placenta, uterus and amniotic fluid bathing the baby increase in size as well. This added weight adds mechanical strain to the spine and pelvis. This growing weight also leads to postural changes. The pelvis starts to rotate forward, the curve in the base of the spine [lordosis] increases and effects the rest of the spine. This puts more strain on the muscles, ligaments and tendons that have to cope with these new demands leading to possible aches and pains. All this puts increased stress on the joints in the pelvis, the sacroiliac joints either side of the sacrum and the pubic symphysis joint at the front. This can sometimes lead to significant pain in either buttock or groin, often worse on walking.

In the later stages of pregnancy a hormone called relaxin is produced. This loosens up the ligaments with the aim of making the birth canal more pliable. It can unfortunately diminish the supporting role of those ligaments supporting these joints, leaving them more vulnerable to strain. The growing baby can also start to push up into the diaphragm, stomach and lungs, sometimes leading to symptoms of indigestion or heart burn and discomfort with breathing.

Osteopaths aim to get you pain free by trying to understand the individual nature of each patients problem, using gentle techniques to improve posture and function and give tailored advice on how to manage and prevent issues. Osteopaths are highly trained to degree level or higher. All osteopaths are regulated by law and are classed as Allied Health Professionals recognised by the NHS. Osteopaths are experts in musculoskeletal health.

