



Low Back Pain during Pregnancy

As your pregnancy progresses your centre of gravity shifts forward as your uterus grows. In order to compensate for this the curve in your low back (called the lumbar lordosis) will increase. This is a normal process and if this did not happen you would topple forward.

However, as the lumbar lordosis increases the small joints at the back of the spine (called facet joints) have to bear more weight and they may become stiff and inflamed resulting in low back pain. The ligaments supporting these joints are becoming more lax throughout pregnancy, the muscles therefore overwork in order to support these joints and can go into spasm.

Symptoms

Lumbar spine pain is felt in the centre of the lumbar curve. It is usually described as dull achy pain, but can also be sharp on sudden twisting movements. Depending on your posture pain may also be felt towards the base of the spine or further up under the bra strap.

Managing Lumbar pain

Chiropractic treatment for lumbar pain includes releasing overloaded facet joints using gentle joint manipulation to correct the alignment, or free the movement of the joints. Massage techniques are also employed to relieve muscle spasm in the area. Postural advice and exercises help to keep joints mobile and muscles relaxed.

The following should be practiced to minimise strain on the lumbar spine:

- ✓ In bed, use a pillow between your knees while sleeping to prevent twisting of the spine.
- ✓ Use another pillow under your bump when side lying
- ✓ Avoid standing with all your weight on one leg.
- ✓ Do not carry other children on your hip, use a hip seat if necessary.
- ✓ Don't slouch, put cushions behind you when sitting on a sofa or in the car
- ✓ Lumbar spine pain is often relieved by sitting on a gym ball.
- ✓ Gentle stretching techniques can also help to release the low back, ask your chiropractor to recommend some suitable for your condition.

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