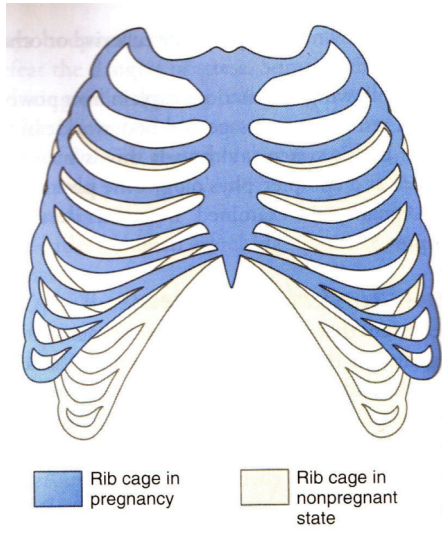




Rib pain during pregnancy



During pregnancy the ribcage moves upwards and is pushed outwards due to the growing uterus. Whilst this is a normal process, it can cause a lot of pain around the lower ribs and diaphragm.

This pain is due to the intercostals muscles and diaphragm being stretched, it is often worse when sitting and reaching forward. The upper back can also become painful due to altered posture and weight of breasts.

Managing rib pain

Chiropractic treatment for ribcage pain includes massage techniques to relieve tight intercostals muscles and gentle joint manipulation to increase flexibility of the ribcage and upper spine.

Activities which include upper body stretches can be useful in relieving rib pain, such as antenatal yoga and swimming.

Rib pain will reduce once the baby's head engages in the pelvis as the bump will 'drop' so put less pressure on the diaphragm.