



BACK DISCOMFORT IN PREGNANCY

WHY DOES BACK DISCOMFORT OCCUR IN PREGNANCY

- Pregnancy hormones loosen your joints which contribute to back discomfort.
- The growing baby in your belly as well as posture changes can also cause back discomfort.

HOW CAN I LIMIT OR AVOID BACK DISCOMFORT?

- Frequently change positions when standing or sitting. Take breaks if you stand for long periods of time.
- Avoid twisting when lifting anything heavy.
- Squat to use your leg muscles instead of bending over to lift.
- Limit your weight gain with pregnancy.

WHAT COMFORT MEASURES CAN I USE IF I HAVE BACK DISCOMFORT?

- Use moist heat or cold packs on the area of discomfort.
- Have your back massaged.
- Take a warm bath or shower.
- Sleep on your side and use multiple pillows or a pregnancy pillow to prop and support you during rest.
- Consider purchasing an abdominal binder which may take some pressure off your back muscles.
- Stretch the muscles of your lower back (see link for examples):
<https://www.mayoclinic.org/healthy-lifestyle/pregnancy-week-by-week/multimedia/pregnancy/sls-20076930>

WHEN SHOULD I CALL THE OFFICE?

- If your back pain is severe and comfort measures are not helping.
- If you are less than 37 weeks and pain comes and goes and is occurring more than 6 times an hour.
- If you are more than 37 weeks and the pain is coming every 3-5 minutes for more than an hour.
- If your back pain is associated with a fever of 100.4 or greater, pain and/or discomfort with urinating, blood in your urine, or vaginal bleeding.