

Pelvic pain in pregnancy affects up to one in five women. Pelvic pain is also known as Pelvic Girdle Pain (PGP). It is also known as:

- Symphysis Pubis Dysfunction (SPD)
- pelvic joint pain
- twisted hips
- pelvic relaxation
- pelvic arthropathy
- osteitis pubis

All of these describe pain in the pelvic joints related to pregnancy.

This site is packed with information about Pelvic Girdle Pain so please read on...

### Quick facts

- Pelvic girdle pain during or after pregnancy is common but not normal so don't put up with it.
- Symptoms of pelvic girdle pain include pain at the front and/or back of the pelvis, pain when walking, climbing stairs, turning over in bed and standing on one leg (e.g. getting dressed).
- Pelvic girdle pain is usually caused by an asymmetry or change of normal movement or alignment in your pelvic joints – a mechanical joint problem not a hormonal one.
- Pelvic girdle pain (PGP) is very treatable both during pregnancy and afterwards – get treatment for your pelvic pain as soon you get symptoms.
- Treatment for pelvic girdle pain involves assessing the joints and muscles in and around the pelvis and returning them to normal function, usually using manual therapy techniques.
- Pelvic girdle pain can be treated by a Chartered Physiotherapist, Registered Osteopath or Chiropractor with experience in manually treating pelvic girdle pain.

### Myths about pelvic girdle pain

Women are often told that their pelvic pain is due to:

- round ligament pain
- hormones

- sciatica
- trapped nerve
- normal aches and pains of pregnancy
- low back pain
- nerve irritation; and that it is not treatable and will get better on its own, or as soon as the baby is born.

Many women have discovered later that it was pelvic girdle pain and could have been treated as soon as symptoms occurred. If this sounds like you, you may well have pelvic girdle pain and need to take action.

## How can we help you?

The Pelvic Partnership:

- is a charity registered in England number 1100373
- aims to pass on information about pelvic girdle pain based on research evidence and on other women's experience, which we would have liked to have received ourselves
- aims to support you in making informed choices about your care
- is run by volunteers all of whom have personal experience of pelvic girdle pain and how it is treated

If you have pelvic girdle pain related to pregnancy, we hope you will find the information and support you need within this site to make a full and speedy recovery.

We rely entirely on donations and grants to fund our work.

If you would like to support our work, please [join us](#) or you can make a donation by clicking the **DONATE NOW** button at the top of the page.

Please note:

We have done our best to base our information on up-to-date research evidence as well as on experience of talking with thousands of women, and with medical practitioners and manual therapists. We are not medical professionals and cannot offer medical advice. The Pelvic

Partnership takes no responsibility for any action you do or do not take as a result of reading this information.