



## Pelvic Girdle Pain (PGP)

Common in pregnancy. Treatable at any stage. What is it? PGP causes pain in the front or back of your pelvis, hips, thighs, or groin. It may feel like deep pelvic or vaginal pain. It affects 1 in 5 pregnant women and often gets worse later in pregnancy.

### Symptoms:

- Pain in pubic area, lower back, hips, groin, thighs or knees
- Clicking or grinding in the pelvis

### Pain when:

- Walking, especially on uneven ground
- Climbing stairs or getting dressed
- Rolling over in bed or during sex

### What helps:

- Stay active within comfort
- Rest often and change positions regularly
- Sit to dress, and avoid standing on one leg
- Use pillows under your bump and between your legs at night
- Keep knees together when turning in bed or getting in/out of a car

### Avoid:

- Heavy lifting
- Long periods of sitting or standing
- Twisting, bending or carrying a toddler on one hip
- Crossing your legs or using stairs too much

For most women, early diagnosis and treatment should stop symptoms from worsening, relieve pain, and help you continue with your normal everyday activities. It is therefore very important that you are referred for treatment early. PGP is not something you just have to 'put up with' until your baby is born.

Please speak to one of our Women's Health Physios for advice and support.