

Pelvic Girdle Pain (PGP) in pregnancy



What is PGP? Symptoms?

Pelvic Girdle Pain (PGP) usually describes 'general pain in the pelvis' in both front and back. It is common, affecting 1 in 5 pregnant women. However each woman can have different symptoms.

You may have some of the following:

- achy hips
- achy lower back - one side or both
- discomfort in front public bone or lower tummy
- pain in groins
- pain in thighs
- difficulty walking
- pain standing on one leg/moving legs apart

How Yoga can help you feel good:

Yoga can help manage some of these symptoms as it keeps the body active & can strengthen the stomach, back, pelvic floor and hip muscles. Breathing practice can also support the emotional impact of any pain or discomfort. All poses in class can be modified safely for SPD/PGP.

Here's some suggestions for yoga practice in class, at home and daily life!

Do's

- When standing, have both feet planted on the ground
- Keep feet hip width apart
- Pelvic floor exercises to strengthen structure
- Props/wall to support in sitting
- Wear support belt after realignment
- Keep legs parallel (like wearing mini skirt) & do this getting in/out of car/bed
- Get help picking something up from the floor!
- Slow down & take smaller strides
- Keep micro bend in the knee
- Speak to midwife/physiotherapist if persistent

Dont's

- Stand on one leg
- Stand with wide legs
- Shuffle things across floor with feet
- Avoid breaststroke
- Avoid walking too far

Suggested poses

- Kneeling
- Legs straight out(not wide)
- Janu legs/sequence
- Mermaid legs/sequence
- Pelvic tilts & circles - in All 4s or standing/sitting
- Sit on birth ball - lift one foot alternately whilst inhaling

Poses to avoid

- Any with wide open legs
- Any seated with crossed legs
- Any standing/kneeling on one leg/balance poses
- Deep squats

Resources

POGP [booklet](#) with more information on PGP
[Squeezy NHS Pelvic Floor App](#)