

## f. Back Pain

### MODULE 7

Most women feel contractions in their lower abdomen, but about one in four women will feel them in their back. The back pain is caused by the baby's back pressing against your back. This back pain is usually felt just under your waist and lasts for most of the first stage of labour.

The following advice will help alleviate back pain during labour.

ADVICE TO ALLEVIATE BACK PAIN DURING LABOUR		
	✗	Get down on your hands and knees.
	✗	Lean forwards in a sitting position.
	✗	Lean forwards in a standing position.
	✗	Lie on your side.
	✗	Sit on the floor, back to back with your partner, and rock from side to side or backwards and forwards.
	✗	<ul style="list-style-type: none"><li>• Ask to have your back, hips, thighs massaged firmly.</li><li>• The counter-pressure technique the most painful area can be very effective.</li></ul>
	✗	<ul style="list-style-type: none"><li>• Place a hot water bottle or ice pack on the most painful area.</li><li>• Stand in a shower, with the water massaging your lower back.</li></ul>

The birthing ball can be very useful if you feel contractions in your lower back. You can lean on it when you are on your hands and knees.

This is how to use the birthing ball to alleviate lower back pain.



This position encourages movement of the pelvis and the hips and uses gravity to help the baby rotate which will be less painful for you.