

h. Back Pain

MODULE 2

Causes

Back pain may be the result of poor posture during pregnancy. It may be caused by the stretching of the ligaments that attach the uterus to the belly that is now bigger. Obesity can aggravate back pain.



What can I do?

- Do not gain more than the recommended weight.
- Wear shoes offering good support.
- Stand straight, tighten buttocks and hold your belly in. Good posture will help to relieve the pressure on your back.
- Yoga can help stretch and reinforce the lower back.
- Lift and carry objects with care. Bend your knees and not your back. You will find tips on how to lift in Module 6 entitled "Healthy Activity".
- Sleep on a hard mattress. Turn on your side with your knees bent towards your chest. Your blood circulation will improve if you sleep on your left side. A special therapeutic pillow may also help.
- Use straight back chairs when possible.
- A hot compress, hot water bottle, hot bath, or ice can also alleviate the pain.
- Ask your partner or someone else to massage your back.
- Rotate your pelvis and do abdominal exercises every day. These exercises are found in Module 6 entitled "Healthy Activity". Doing the pelvic tilt exercise is a very efficient way to alleviate back pain. The method is described below.



**If nothing works?**

- If your back pain persists, and you are worried, consult your health care provider.
- Consult your health care provider before taking any medication.
- Try massage therapy (massage by a certified massage therapist). Certain group insurance plans cover this type of treatment.