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Bwrdd Iechyd Prifysgol
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Cardiff and Vale
University Health Board

Ysbyty Athrofaol Cymru
University Hospital of Wales

DEPARTMENT OF PHYSIOTHERAPY
WOMEN'S HEALTH
Heath Park,
Cardiff, CF14 4XW
Phone 029 2074 4728
Fax 029 2074 2630

Parc Y Mynydd Bychan,
Caerdydd, CF14 4XW
Ffôn 029 2074 4728
Ffacs 029 20742630

Eich cyf/Your ref: Use Hospital No. Or Date of Birth
Ein cyf/Our ref: Antenatal MSK Physiotherapy
Direct Line/Llinell uniongychol: 029 2074 4728

Initial Advice for Women Experiencing Pregnancy Related Pelvic Girdle Pain (PGP) Formerly Called Symphysis Pubis Dysfunction (SPD)

You have been given this leaflet because you are experiencing symptoms of pregnancy related pelvic girdle pain (PGP). This condition affects approximately 1 in 5 pregnant women at some stage of their pregnancy and can vary from mild—moderate—severe symptoms. To find out more about this condition and what you can do to manage it effectively, please download the information booklet from the following website:

<http://bit.ly/1Mwh0at>

OR

<http://pogp.csp.org.uk/publications/pregnancy-related-pelvic-girdle-pain-mothers-be-new-mothers>

There is also a lot of useful information on the Cardiff & Vale UHB Women's Health Physiotherapy website. Follow the link below to find out more and to access contact details for all the Women's Health Physiotherapists:

<http://www.cardiffandvaleuhb.wales.nhs.uk/whphysio>

NB: If you do not have access to the internet, please let your midwife know.

It is important to follow the advice found on both of these websites as soon as you notice the symptoms of PGP. Your midwife will complete a referral form and hand it to you during your appointment. If your symptoms are mild—moderate, follow the advice (website / booklet) and the basic exercises (overleaf) for approximately two weeks. If the symptoms continue or worsen, contact physiotherapy to make an appointment. If your symptoms are severe from the start, your midwife will suggest that you contact physiotherapy immediately to organize your first appointment.

TOP TIPS:

- Listen to your body and avoid any position or activity that aggravates your symptoms.
- Spend at least 10 minutes per day doing the exercises (overleaf).
- Use heat (hot water bottle / bath) on tight or aching muscles, especially in the evening.
- Place a pillow between your knees when lying on your side to keep your knees and hips in line.
- Avoid difficult tasks like vacuuming, mopping, pushing a shopping trolley and lifting heavy washing.
- If you have a toddler, avoid carrying them on one hip (try to carry them in front or swap hips).
- Wear supportive footwear to protect your feet, knees and hips.

WOMEN'S HEALTH PHYSIOTHERAPY TEAM
CARDIFF & VALE UHB
TEL: 02920 74 4728

Basic Exercises for Pregnancy Related Pelvic Girdle Pain (PGP)

(Please perform these exercises as described every day)

Exercise 1: Pelvic Tilting

This can be performed in a number of positions. Pick the position(s) that is/are most comfortable for you and repeat as follows:

- Tilt / rotate your pelvis to flatten your spine and hold for up to 10 seconds
- Relax for 5 seconds
- Repeat up to 10 times

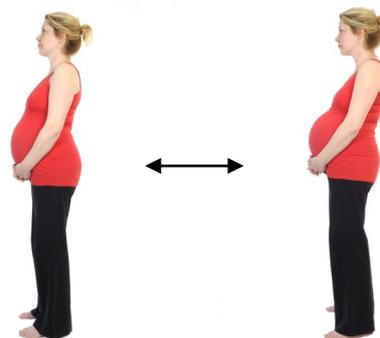
Position 1: Lying (Use pillows to sit you up slightly)

Arch your back pushing the spine to the ceiling then push your spine flat into the bed or floor.



Position 3: Standing

You can lean against a wall to help you feel if you are doing this exercise correctly.



Position 2: Sitting (You can be sat on a chair or a gym ball)

Sit upright arching your back then slump down and curl your tailbone under you.



Position 4: Hands and Knees (Cat Stretches)



Exercise 2: CLAM (This will strengthen your buttocks and loosen your hips)

- Lie on your side with hips stacked one on top of the other
- Lift your top knee and lower.
- Make sure you keep your hips stacked (do not let your top hip roll backwards)
- Repeat up to 10 times for each leg



If you find any of these exercises cause your symptoms to worsen or if after 2 weeks of regular exercise there is no improvement, please contact physiotherapy on the number provided overleaf to organise your first appointment.