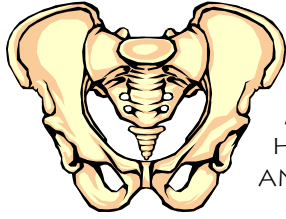


TIPS FOR COPING WITH PUBIC SYMPHYSIS PAIN

WHAT ARE THE SYMPTOMS OF SPD (SYMPHYSIS PUBIC DYSFUNCTION)?



THE MOST COMMON SYMPTOM IS PAIN DIRECTLY OVER THE PUBIC SYMPHYSIS. THE PAIN MAY BEGIN GRADUALLY AND MAY SOMETIMES MOVE TO DIFFERENT PLACES ALONG THE GROIN AND PELVIS. YOU MAY HAVE PAIN IN THE GROIN, AT THE MUSCLES THAT ATTACH TO THE PELVIS, AND AT THE PUBIC BONE.

WHAT CAN I DO TO HELP ALLEVIATE SPD PAIN?

ALTHOUGH THE BEST IDEA IS TO RESOLVE CHRONIC SPD PAIN THROUGH REALIGNING THE PELVIS GIRDLE AND SOFT TISSUES, MOST WOMEN HAVE AT LEAST SOME RESIDUAL PUBIC AND LOW BACK PAIN STICK AROUND FOR PREGNANCY AND THE EARLY POSTPARTUM WEEKS BECAUSE OF HORMONES. THEREFORE, TIPS FOR COPING WITH PUBIC PAIN TEND TO BE A FOCUS OF MANY SPD WEBSITES. MANY OF THE SUGGESTIONS INCLUDE:

- ☞ USE A PILLOW BETWEEN YOUR LEGS WHEN SLEEPING; BODY PILLOWS ARE A GREAT INVESTMENT!
- ☞ USE A PILLOW UNDER YOUR 'BUMP' (PREGNANCY TUMMY) WHEN SLEEPING
- ☞ KEEP YOUR LEGS AND HIPS AS PARALLEL/SYMMETRICAL AS POSSIBLE WHEN MOVING OR TURNING IN BED
- ☞ SOME WOMEN ALSO FIND IT HELPFUL TO HAVE THEIR PARTNERS STABILIZE THEIR HIPS AND HOLD THEM 'TOGETHER' WHEN ROLLING OVER IN BED OR OTHERWISE ADJUSTING POSITION
- ☞ TRY HANDS AND KNEES AND PELVIC ROCKS DAILY TO ALLEVIATE PRESSURE ON YOUR PELVIC JOINTS
- ☞ PRACTICING DAILY YOGA STRETCHES WILL HELP TO KEEP THE JOINTS SUPPLE (DO NOT DO ANY POSES THAT ARE ADVANCED OR WILL CAUSE YOU PAIN!)
- ☞ CHIROPRACTIC ADJUSTMENT WILL OFTEN HELP TO ALLEVIATE PAIN
- ☞ ACUPUNCTURE OR ACUPRESSURE MAY BE HELPFUL
- ☞ SOME WOMEN REPORT A WATERBED MATTRESS TO BE HELPFUL
- ☞ SILK/SATIN SHEETS AND NIGHTIES MAY MAKE IT EASIER TO TURN OVER IN BED
- ☞ SWIMMING MAY HELP RELIEVE PRESSURE ON THE JOINT
- ☞ DEEP WATER AEROBICS OR DEEP WATER RUNNING MAY BE HELPFUL AS WELL
- ☞ KEEP YOUR LEGS CLOSE TOGETHER AND MOVE SYMMETRICALLY (OTHER SOURCES RECOMMEND A VERY SMALL GAP BETWEEN THE LEGS WITH SYMMETRICAL MOVEMENT)
- ☞ WHEN STANDING, STAND SYMMETRICALLY, WITH YOUR WEIGHT EVENLY DISTRIBUTED THROUGH BOTH LEGS
- ☞ SIT DOWN TO GET DRESSED, ESPECIALLY WHEN PUTTING ON UNDERWEAR OR PANTS
- ☞ AVOID 'STRADDLE' MOVEMENTS
- ☞ SWING YOUR LEGS TOGETHER AS A UNIT WHEN GETTING IN AND OUT OF CARS
- ☞ AN ICE PACK MAY FEEL SOOTHING AND HELP REDUCE INFLAMMATION IN THE PUBIC AREA; PAINKILLERS MAY ALSO HELP (IF PAIN IS SERIOUS ENOUGH TO WARRANT THIS, PLEASE CHECK WITH PROVIDER FIRST!)
- ☞ MOVE SLOWLY AND WITHOUT SUDDEN MOVEMENTS
- ☞ IF SEX IS UNCOMFORTABLE FOR YOU, USE LOTS OF PILLOWS UNDER YOUR KNEES, OR TRY OTHER POSITIONS
- ☞ IF BENDING OVER TO PICK UP OBJECTS IS DIFFICULT, THERE ARE DEVICES AVAILABLE THAT CAN HELP WITH THIS
- ☞ REALLY SEVERE CASES MAY NEED CRUTCHES, ALTHOUGH THESE SHOULD PROBABLY ONLY BE USED AS A LAST RESORT

- ☞ BACK PAIN CAN OFTEN BE HELPED BY RESTING BACKWARDS OR FORWARDS OVER A LARGE GYMNAS TIC OR 'BIRTH' BALL
- ☞ SOME WOMEN REPORT THAT PELVIC BINDERS/MATERNITY SUPPORT BELTS ARE HELPFUL FOR PELVIC PAIN. HOWEVER, IF THE PELVIC BONES ARE REALLY MISALIGNED, SOME WOMEN REPORT MORE PAIN WITH THESE. LISTEN TO YOUR BODY ON WHETHER TO USE THESE

WHAT TO DO IN LABOUR IF I HAVE SPD?

THE ABOVE ADVICE STILL APPLIES TO LABOUR; SO KEEP THOSE POSITIONS AND TECHNIQUES IN MIND WHEN IN LABOUR. USING THE BIRTH BALL MAY BE OF TREMENDOUS BENEFIT TO THOSE EXPERIENCING SPD. TALK TO YOUR PROVIDER ABOUT DELIVERING IN THE HANDS AND KNEES POSITION TO KEEP PRESSURE OFF OF YOUR PUBIC AREA. MOST SPD WOMEN WHO HAVE GIVEN BIRTH IN THIS POSITION REPORT A SIGNIFICANT REDUCTION IN DELIVERY PAIN VS. PREVIOUS LABOURS WITH SPD IN TRADITIONAL POSITIONS.