

SACROILIAC JOINT PROBLEMS IN PREGNANCY:

THE MOST COMMON CAUSE OF BACK PAIN IN PREGNANCY IS **MALFUNCTION IN THE SACROILIAC JOINT**. WHILE IT CAN BE QUITE PAINFUL, THIS CONDITION IS TREATABLE AND (ESPECIALLY WITH TREATMENT) TENDS TO GET BETTER AFTER DELIVERY OF THE BABY. DURING PREGNANCY, FEMALE HORMONES ARE RELEASED THAT ALLOW THE CONNECTIVE TISSUES IN THE BODY TO RELAX. THE RELAXATION IS NECESSARY SO THAT DURING DELIVERY, THE FEMALE PELVIS CAN STRETCH ENOUGH TO ALLOW BIRTH. THIS STRETCHING RESULTS IN CHANGES TO THE SI JOINTS, MAKING THEM "HYPERMOBILE" - EXTRA OR OVERLY MOBILE. OVER A PERIOD OF YEARS, THESE CHANGES CAN EVENTUALLY LEAD TO WEAR-AND-TEAR ARTHRITIS. AS WOULD BE EXPECTED, THE MORE PREGNANCIES A WOMAN HAS, THE HIGHER HER CHANCES OF SI JOINT PROBLEMS. DURING PREGNANCY, THE SI JOINTS CAN CAUSE DISCOMFORT BOTH FROM THE EFFECTS OF THE HORMONES THAT LOOSEN THE JOINTS, AND FROM THE STRESS OF CARRYING A GROWING BABY IN THE PELVIS.

SYMPTOMS: SI JOINT PROBLEMS HAVE NUMEROUS SYMPTOMS. FOLLOWING ARE THE MOST COMMON:

- * BACK PAIN - PARTICULARLY LOW BACK PAIN
- * BUTTOCK PAIN
- * THIGH PAIN
- * SCIATIC-LIKE PAIN - PAIN THAT TRAVELS FROM THE SCIATIC NERVE IN THE LUMBAR REGION INTO YOUR BUTTOCKS, BACK OF THE THIGHS, AND SOMETIMES CALF AND FOOT. THE PAIN IS TYPICALLY CAUSED BY IRRITATION OF THE NERVE ROOTS THAT JOIN OUTSIDE THE SPINE TO MAKE UP THE SCIATIC NERVE. YOU MIGHT FEEL NUMBNESS, TINGLING, OR BURNING SENSATIONS.
- * DIFFICULTY SITTING IN ONE PLACE FOR TOO LONG DUE TO PAIN

IN MOST CASES, THERE IS A CONFUSING PATTERN OF BACK AND PELVIC PAIN THAT MIMIC EACH OTHER, MAKING DIAGNOSIS OF SI JOINT PROBLEMS VERY DIFFICULT.

TREATMENT: FORTUNATELY, SIMPLE TREATMENTS CAN USUALLY RELIEVE THIS TYPE OF PAIN. SIMPLE TREATMENT INVOLVING MANIPULATION OR ADJUSTMENT OF THE PELVIS HAS PROVIDED RELIEF AND RESTORED FUNCTION FOR 91% OF PATIENTS STUDIED (3). TO ASSIST THE EFFECT OF THIS TYPE OF TREATMENT, YOUR CHIROPRACTOR OR MEDICAL PROVIDER MAY RECOMMEND EASY YOGA STRETCHES AND A PELVIC SUPPORT BELT. CORRECT POSTURE MAY ALSO PREVENT CONTINUES SACROILIAC JOINT PAIN. AS MUCH AS POSSIBLE, STAND WITH FEET PARALLEL, HIP-WIDTH DISTANCE APART. BALANCE WEIGHT EVENLY BETWEEN FEET, KEEPING HIPS LEVEL WITH ONE ANOTHER. SLIGHTLY TUCK TAILBONE FORWARD TO BROADEN THROUGH SACRAL AREA.

NOTE: IF YOU NEED TO OBTAIN CHIROPRACTIC CARE, I CAN RECOMMEND SICKLERVILLE CHIROPRACTIC VERY HIGHLY! ASK FOR DR. ROSE AND TELL THEM THAT I REFERRED YOU.
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