

# PHYSIOTHERAPY PREGNANCY EXERCISES FOR BACK/HIP/PELVIC PAIN

Back pain is very common. During pregnancy 47% of women have back pain. Just because it is common, it does not mean that this is normal. Here are some links to YouTube videos of common exercises/stretchers to relieve back pain that you may try:

1. 3 Min PREGNANCY PILATES YOGA EXERCISE FOR Back Pain Release by Physiotherapist by Lynn JT <https://www.youtube.com/watch?v=iLuDu7Ptoto>
2. Stretch Exercises to Relieve Sciatica Pain During Pregnancy ASK Physiotherapist Lynn JT <https://www.youtube.com/watch?v=0b7vYwPQ5sk>
3. Stretches for sciatic pain during pregnancy by Nikki Bell <https://www.youtube.com/watch?v=BaPybvWfoDk>

We recommend that you begin very gently, and please cease doing the exercises if they aggravate your symptoms.

If you have constant aching or a problem which persists, seek a referral to physiotherapy from your midwife or doctor. Continuing to put up with problems can wear you down. They don't just go away by themselves as most people think they will.

Kind regards,

Physiotherapist