



BACH ACHE & BACK PAIN

Backaches are the side effects of the preparation your body is making for the birth of your baby. During pregnancy, the joints of the pelvis begin to loosen up to allow easier passage for the baby to deliver. This, along with a large abdomen, throws your body off balance.

Below are some suggestions to avoid or ease back pain:

- Try to keep weight gain within recommendations. Excess weight will only add load to your back.
- Don't wear high heels or shoes without proper support. Shoes and shoe supports are available to help alleviate this problem.
- Learn the proper way to lift heavy loads and packages. Don't lift abruptly. Stabilize your body first and keep your stance wide. Bend at the knees, not at the waist. Lift with arms and legs, not with the back.
- Don't stand for a long period of time. If needed, keep one foot elevated on a foot stool with the knee bent to prevent strain. Stand on an area rug to add cushion.
- Sit with legs slightly elevated. Sitting too long can be as bad as sitting the wrong way. Get up and walk around or stretch at least every hour.
- Sleep on a firm mattress.
- Pregnancy girdles will add support by lessens the strain on the lower back. Please ask for additional information if you are interested.
- Sleep on your side with one knee bent and your upper leg supported by a pillow.
- A heating pad wrapped in a towel or ice packs to the back may help.
- Tylenol can be taken after the first trimester for back discomfort.