



LIFE BALANCE
CHIROPRACTIC CENTRE

BEAT UNRESOLVED PELVIC GIRDLE PAIN & SPD FOR GOOD WITH THESE TOP TIPS

UNCOVER THE MYTHS AND FACTS, GET LASTING RESULTS...BEFORE IT GETS ANY WORSE.
NO MORE CRUTCHES, PAIN KILLERS OR LONG WAITING LISTS.



There are many ways to treat PGP and yes the good news is PGP is treatable. This is because PGP is a mechanical joint problem, rather than a hormonal problem, it can be treated effectively using 'hands-on' manual therapy. PGP is treatable at any stage of pregnancy, or postnatally as soon as you feel able to visit a manual therapist.

1. REALIGN YOUR OWN PUBIC BONE WITH ONE SIMPLE MANOEUVRE.

One of the things we get our clients to do is lie down on their back and bend their knees with their feet on the table, we get them to push outward with their knees against a gentle force from our hands and we let go. This often can realign the pubic bone and reset the joint mechanics. You can try this yourself by using your own hands as a gentle force and then applying a pressure outwards and letting go quickly.

2. WHEN YOUR WALKING AND IN LOTS OF PAIN USE A MOBILITY AID SUCH AS A PELVIC SUPPORT BELT.

These pelvic belts can be really helpful and giving you a bit more stability around your hips when your walking and moving about. Doing your day to day routine I imagine is unavoidable and so is lifting the shopping bags and walking up and down the stairs. It's really important though to not become too reliant on these belts as over time your body can start to rely on these for the support it needs to make you feel a bit more comfortable. Use it only when you need it. Here's a [link](#) to the belts we use with our clients in the centre and they can be worn under clothing. They are great when there is also hypermobility or instability component of the pelvic girdle pain (spd), whether it is occupational (e.g dacer, gymnasts) or post-traumatic, degenerative or compensatory. Ideally the best place to wear the belt is at the level of the symphysis pubis which can be found directly down from the middle of the belly button by about 10 cm.

3. THIS ISN'T KINKY BOOTS LADIES LEAVE THE HEELS AT HOME WHY YOU HEAL.

Everytime you wear heels you increase the curve in your back. Right now your curves are already exaggerated with your baby growing. Not so good when you have pelvic girdle pain. Everytime you wear them you have about 25 times more pressure going through your lower back tissues, discs and joints. That's like walking with 3 - 4 kids. It's all cumulative, so don't think for a moment that you won't pay for it later. Sometimes we all just need to be told. Well there you go, some one had to do it.

4. REALIGN YOUR OWN PELVIS FOR ALL OF THESE REPEATS 5 - 10 TIMES EACH SIDE WITH 2 SETS.

1. Lie on your front and get your roller and foam roll your hip flexors. This helps to reduce the muscle tension in your hips which cause your pelvis to rotate forward.
2. Lie on your back and get your foam roller into the insertion points of your hamstrings right underneath your bum cheek. This works on your hip extensors and helps reduce muscle tension of your hips muscles which cause you to lose your normal lumbar lordosis and give you that flat back look.

Don't use a foam roll your back which we often see people do. This is one of the worst things you can do. Particularly when your getting releases through the spine. As your moving areas of your back that are probably already moving to much. As always, take it easy, be cautious with the roller exercises. You want to realign the pelvis not irritate it even more. You will feel some discomfort with these exercises, but no pain no gain. That all well and done work within your own tolerance and stop them immediately if the pain worsens.

5. AVOID SITTING FOR LONG PERIODS UNLESS YOU CAN GET HELP JUST TO GET OFF THE SEAT

Sitting for longer than 20 minutes at a time puts a lot of pressure on the pelvis and muscles surrounding the lower back. It is so important to stay active during pregnancy as it helps to keep your muscles and ligaments strong and support your growing baby bump. As the bump grows, your centre of gravity changes which makes your lower back muscles work harder. When you are sitting, you put even more strain on those muscles. Other things to consider when you are experiencing pelvic girdle pain is not sitting on the sofa with your legs tucked underneath you on the sofa/chair, this puts your pelvis in an awkward position which will stress the muscles and ligaments of your lower back.

Try also sitting up straight allowing the chair/sofa to support your back, you could even use a pillow in the small of your back to encourage the natural lumbar curve. Make sure your feet are touching the floor and that your knees are below your hips, this again will put less strain on the lower back and pelvic muscles. If you struggle to sit due to pain then try to lie on your left side with a pillow between your knees to keep you neutral. With both sitting and lying the main thing is to not stay in that position for too long. Movement will encourage healing, reduce inflammation and stop any weakness occurring in pelvis and lower back.

6. DO SOME PREGNANCY YOGA USING TRACK YOGA

Even if your not into yoga, this has got to be one of the best apps hands down. I personally use this to move my body pretty much every day. It doesn't have to be for long and they have 5 minute sessions all the way to 20 plus. They even have a session specific for yoga.

7. GET A PROPER ASSESSMENT AND SYSTEM TO FIX IT.

Sometimes no matter how much exercises you do, you need to adjust the structure and alignment of the joints.. This is why we see so many clients who look good but are in lots of pain initially when they visit us. Find a method that has a process to assesses and uncover core issues. Find a System that gets a lasting result as quickly and efficiently as possible and be accountable as a partner in your healing and recovery to make lasting lifestyle change. Make sure you speak with your local chiropractor to ensure the specific aspects of your injury are well understood and a system to correct the problem long term so it no longer affects your job, sleep, keeping you active, threaten your independence or gets in the way of spending quality time with friends and family. Get back to life balance and leave the adjustments to us.

If you want to find out more about our [system](#) and [process](#) as well as how to fix your pelvic girdle pain once and for all with a system and process that is safer, easier and more effective then get in touch and find out about how we might be able to help you go feel more empowered, engaged and live a better quality of life.

FIND YOUR LIFE BALANCE TODAY.

In the meantime Check out this post snippet from this blog post we put on the site for the top 5 pregnancy posture tips to beat back pain in pregnancy <http://bit.ly/2lcsXaV>

FINAL THOUGHTS

Often times we get asked by our clients to give an understanding of why there are so many pregnant women and postnatal mums struggling with pelvic girdle pain (spd) Well, to answer that we believe there are these 6 main glitches or mistakes that they are having.

**LACK AWARENESS, NO COMMITMENT,
LACK A CLEAR DIAGNOSIS OR CLINICAL IMPRESSION,
LACK RESULTS, LACK PROPER PELVIC FUNCTION,
HAVE NO ACCOUNTABILITY.**

What we do at Life Balance is a 5 step method that helps address those mistakes. And it's those mistakes that are causing

the symptoms. Overstressed living with unresolved pelvic girdle pain and feeling let down that lead to the big problems like PGP (SPD).

**1 EMPOWER 2 ASSESS
3 PLAN 4 SYSTEMIZE 5 LIVE**



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THE AUTHOR



Dr Josh's journey into health started as a kid. His passion meets at the intersection of a love of learning, about principles that contribute to quality health and the self healing ability of the body and human potential. He sees health challenges and injuries as a way to inspire people to live a better life and is recently curious about exploring new ways to create value at this intersection.

CONTRIBUTER



Rosie started her career as a designer. Having realised her passion for chiropractic and how chiropractic can improve people's quality of life she went on to pursue her passion and co-created Life Balance.

Health & Injury Advice Disclaimer

The information in our articles and website are NOT intended to replace a one-on-one relationship with a quality health care professional and are not intended as medical advice. We make every effort to ensure that we accurately represent the injury and health advice and prognosis displayed throughout this site. However, examples of health challenges and injuries, their prognosis are based on typical representations of those injuries and health challenges that we commonly see in our chiropractic centres. The information given is not intended as representations of every individual's potential injury or health challenge. As with any injury, each person's symptoms can vary widely and each person's recovery from injury or health challenge can also vary depending upon background, genetics, previous medical history, application of exercises, posture, motivation to follow Chiropractors advice and various other physical, mental, emotional and environmental factors. It is impossible to give a 100% complete accurate diagnosis and prognosis without a thorough physical examination and likewise the advice given for management of an injury or health challenge cannot be deemed fully accurate in the absence of this examination from one of the Registered Chiropractors at Life Balance Chiropractic. We are able to offer you this service at a standard charge. Significant injury and health risk is possible if you do not follow due diligence and seek suitable professional advice about your injury or health challenge. No guarantees of specific results are expressly made or implied on this web site. © Copyright 2018 Life Balance Chiropractic. ALL Rights Reserved.

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