

## **Pelvic Instability/Pelvic Girdle Pain Information Sheet**

Your physiotherapist has diagnosed you with **Pelvic instability or Pelvic Girdle Pain**. Some tips to assist in managing your condition include:

### *Avoid*

- Standing on one leg: sit on edge of the bed to put on your pants, socks and shoes
- Prolonged walking – try to do small amounts, often with plenty of rests.

### *Try*

- Keeping your knees together when rolling in bed and transferring in and out of the car.
- Wearing satin bed clothes may assist in turning in bed
- Sleeping with a pillow between your knees.
- Using an ice pack or heat pack – 20 minutes. Make sure there is a protective layer between the pack and your skin. A heat pack and ice pack should never feel too hot or produce a burning or tingling feeling. If you experience this remove the pack immediately.

### *Exercises*

- After you are 16 weeks pregnant it is not advisable for you to lie on your back for greater than 10 minutes. This can limit what exercise you do.
- Water exercise is ideal if you are suffering pain or instability whilst weight bearing, the anti-gravity effect of the water enables you to maintain your fitness and strength throughout your pregnancy and can assist with the instability or pain.
- The water is also the ideal environment as it temporarily reduces fluid or swelling and is a lovely warm medium to exercise in.
- Contact us to see where our closest water exercise class is located.

### *Theratubing/Stability belt / stick / crutches or wheelchair*

- Your physiotherapist may provide you with some theratubing or recommend the use of a stability belt. These will most commonly be worn during waking hours and removed during sleep time, however please discuss specific use with your physiotherapist. If your instability or pain is significant you may require the use of a stick, crutch or even wheelchair to see you through the pregnancy. Your physiotherapist will advise you what is required.

