

Pregnancy-related Pelvic Girdle Pain (PRPGD)

Information for Patients



This leaflet has been written to give you the right information about pregnancy-related pelvic girdle pain (PRPGD) and what you can do to help with your recovery.

What is PRPGD?

Pregnancy-related pelvic girdle pain is a collection of symptoms caused by natural changes to the muscles and ligaments during pregnancy (meaning that they might have to work slightly differently to how they did before your pregnancy), plus the additional changes in posture to accommodate your growing baby.

What are the common symptoms of PRPGD?

Symptoms of PRPGD may include pain over the pubic bone at the front in the centre of your pelvis, pain across one or both sides of your lower back or pain in the area between your vagina and anus (perineum). In some cases, the discomfort can travel down your legs.

What can I do to help myself?

Maternity belt: If you've explored the idea of adjusting what you can to reduce how easily your issue is aggravated, a simple maternity belt can be a useful way of helping PRPGD. For some people, this is the most effective option at reducing their symptoms. These belts are worn around the waist but under your bump and can help with some support.

These belts can be easily purchased online (search: maternity belt) or can be provided by the Physiotherapy department which may be discussed when you have your appointment with us.

Will it get better?

Most pelvic girdle pain improves by itself either during your pregnancy or after childbirth.

If you would like to know more about PRPGD you can explore our dedicated webpage.

Search online for: [Norfolk and Waveney MSK services](#) 'pregnancy'

or view the information created by the Pelvic, Obstetric and Gynaecological Specialist Physiotherapy service:

Search online for: [POGP pelvic girdle pain](#)



If you would like this leaflet in large print, audio, Braille or in a different language, please contact us on **01502 445447**.

Jei šios publikacijos kopija noretumete gauti savo kalba prašome susisiekti su telefono numeriu: **01502 445447**.

Jezeli chcieliby Panstwo otrzymac niniejsza publikacje w tłumaczeniu na jezyk polski, prosimy o kontakt z pod numerem telefonu: **01502 445447**.

Pokud byste chteli kopi této publikace ve Vašem jazyce, prosím kontaktujte ovou na telefonním čísle **01502 445447**.

Bu yayinin kendi dilinizde bir nüshasini isterseniz, lütfen **01502 445447** nolu telefondan ile temasa geçiniz.

Se pretender uma cópia desta publicação no seu idioma, por favor contacte no número **01502 445447**.