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## Pelvic Girdle Pain (PGP)

*Includes Sacro-iliac joint pain, Pubic joint pain, Coccyx Pain / coccydynia (coccyx = tail bone)*

### What is it?

The pelvis is 3 bones with dense joints and minimal movement.

The 2 sacro-iliac joints are at the back -between the sacrum and the ilium/pelvic bones. The pubic joint is joined with a dense fibrous disc.

The coccyx is made of 5 bones which may or may not be fused to one another. The joint between the sacrum and the coccyx has a disc.

All these joints are supported with thick ligaments.

Pregnancy hormones increase laxity (looseness) of all pelvic joints.

Most women, experience a mild discomfort only. For some women, there is a significant problem with pain and movement

### Usual presentation

Discomfort or pain can occur: During walking, getting in and out of seats, beds, cars or when rolling in bed, when in the one position for too long - at the computer, or lying on your side. Pain is also aggravated by walking up or down stairs, walking for a long time, and pain on touching bones, joints or muscles.

The pattern of pain varies from woman to woman. Some women may feel a burst of pain early in pregnancy. This often goes away and may return in the last weeks of pregnancy. However, for some women, the pain persists and worsens.

Usually there is quick improvement following birth.

### Coccydynia

Pain is felt near the coccyx and/or in the perineum,

It can be sharp when you move, and achy when you are sitting.

There can be pain when walking, in bed, getting in and out of a chair or the car. There can be pain with bowel movements.

There can also be spasm in the muscles in the area (muscle knots)

### What can SHE do?

SHE can help you with Pelvic Girdle Pain

She will make a thorough assessment – history and physical assessment to determine the cause of your pain. She will develop a management plan for you.

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