

Welcome to our **Newsletter** designed to provide you with current information about physiotherapy and whats happening in our clinic.

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Managing BACK PAIN in Pregnancy

Along with morning sickness, food cravings and weight gain, back pain can be a common complaint during pregnancy, especially during the final trimester



Call St George
Physiotherapy & Sports
Injury Clinic
9546 6880
For all your Physio
Needs...



When low back pain strikes, early intervention from a Sutherland Physio is essential to achieving fast results and a full recovery...

Call 9546 6880 for an appointment...

You don't need to put up with back pain!

There are a number of positive steps you can do to help reduce and sometimes eliminate the problem. Firstly it's important to understand your body's changes during pregnancy then you can implement some simple strategies to manage the problem.

Physiotherapy can help to manage your back pain so that you can keep the focus on what's most important — getting ready to welcome your new baby!



Why Does My Back Hurt?

Unfortunately back pain during pregnancy is a common problem. There are a number of physical reasons for back pain in pregnancy, some of which include:

- Pregnancy hormones soften ligaments causing joints to move more than usual. In some cases the ligaments can be strained.
- Postural problems caused by the growing uterus creating a sway back effect
- Position of baby (particularly towards the end of pregnancy) can compress

Back and pelvic pain is common in pregnancy with it affecting up to 80% of pregnant women.



nerves and cause back pain.

- Changes in weight and activity levels
- These changes can affect your backs natural support mechanisms, particularly as the weight of your baby increases.

How Can I Prevent Back Pain During My Pregnancy?

- Maintain a reasonable activity level and — under your physiotherapist's supervision — incorporate exercises that gently stretch and strengthen your back and abdominal muscles.
- If you spend your days behind a desk, take advantage of opportunities to get up and stretch your legs — and back.
- Maintain good posture. As your centre of gravity shifts forward, minimize the strain on your lower back by standing as straight as possible, keeping your shoulders back and your buttocks tucked under. When sitting, keep your feet slightly elevated.

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**Pilates restoring
Physical Vitality
At St George
Physio**

News from St George Physio....

Liz got married!

A big congratulations to Liz and Jason who got married on 30 June 2012 in the Hunter Valley. The entire St George Physiotherapy and Pilates team were there in support and all agreed it was a fantastic day (and an even better evening).

Welcome Dave, Ben and Lisa

A warm welcome to Dave, Ben and Lisa who have joined the St George Physiotherapy and Pilates team.

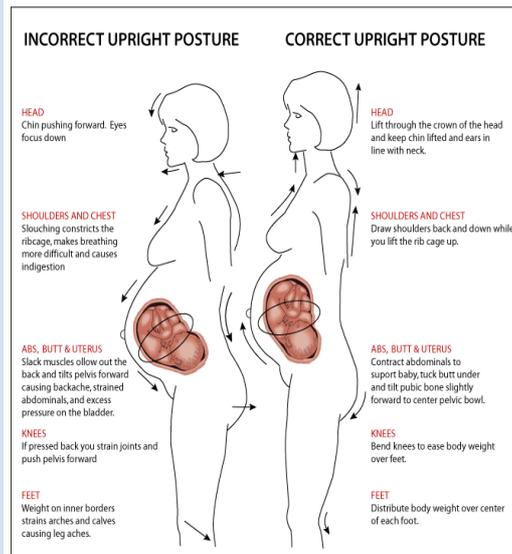
Dave Monk (Liz's Dad) will take on the Practice Manager duties, Ben Waldock has joined Liz as our practice principal and Lisa Iwan who has joined our administrative team.

Farewell Cheryl

On a sadder note we will also be saying goodbye to long-standing receptionist Cheryl Gall. Cheryl has been with us for over 10 years and will be missed. We wish her all the very best for her future endeavours. Thanks Cheryl!

Physiotherapy can help to manage your back pain so that you can keep the focus on what's most important — getting ready to welcome your new baby!

- Choose a chair that supports your back — use a small pillow if necessary — and change positions frequently.
- Be mindful of body mechanics. If you need to pick something up, don't bend over and lift using your back. Instead, squat using your knees, keeping your back straight as you lift. Avoid positions that require bending or twisting. Listen to your body — if something hurts, don't do it!



Easing Back Pain Once It Starts

Back pain and pelvic girdle pain is common during pregnancy and may continue after childbirth. It can be successfully treated with physiotherapy specifically designed to address the needs of your changing body as your pregnancy progresses.

Physio may include:

- Specific pelvic-floor and core stability exercises. These may reduce your pains and the improved strength can also help you during delivery.
- Correcting posture and teaching the use of proper body mechanics to avoid unnecessary strain of the supporting structures.
- Massage therapy can provide significant relief for pregnancy-related discomfort; it can also help with stress, tension and anxiety related to pregnancy. It is also a great escape for the expecting or new mum.

How St George Physiotherapy & Sports Injury Clinic can help you...

If you are experiencing pregnancy-related back pain, consult with your Physio. Not all health care providers are aware of treatment options during pregnancy.

At **St George Physiotherapy** we have physiotherapists who are highly skilled and experienced in treating Pregnancy-related back pain.

Our Therapists are specifically trained to deal safely and effectively with pregnancy-related back pain.

To make an appointment with one of our physiotherapists call us now on **02 9546 6880**

- If you're keen on high-heeled shoes, quit them — at least for a few months. Cute "sensible shoes" do exist — just look for low heels and good arch support. Your clothing can also be back-friendly — look for maternity pants with a low, supportive waistband.
- Later in your pregnancy, you may want to use a pregnancy support belt under your lower abdomen — Physios are best able to fit these — to enable you to perform many activities with less discomfort.
- Try to sleep sufficient hours. Practice relaxation techniques, and keep stress to a minimum. Sleep on your side rather than your back, keeping your knees bent.
- Use a specially designed pregnancy pillow — available in the clinic — which gently supports the weight of the baby taking the strain off the spine.
- Pregnancy Pilates — based on physio principals and designed with exercise for the pregnant woman to help the body adapt during pregnancy, labour and the post natal period.