

Still Experiencing Pain?

Specialist Pelvic Health physiotherapists are trained in helping you manage your symptoms and preventing them from getting worse.

PGP is common but it is not normal, the sooner you get treatment the better controlled your symptoms will be.

Treatment in the form of group sessions and individual appointments with a physiotherapist are available at Whiston and St Helens hospitals.

If you are experiencing any persistent pain either ring the Physiotherapy Department on 0151 430 1878 or speak to your Midwife or GP to ask them to refer you to the Pelvic Health Physiotherapy Team.

Whiston Hospital
Warrington Road,
Prescot, Merseyside, L35 5DR
Telephone: 0151 426 1600

St Helens Hospital
Marshall Cross Road,
St Helens, Merseyside, WA9 3DA
Telephone: 01744 26633

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Pelvic Girdle Pain Information

This leaflet can be made available
in alternative languages / formats on request.

如有需要，本传单可提供其他语言/版式
此單張的其他語言/格式版本可按要求提供

Na żądanie ta ulotka może zostać udostępniona
w innych językach/formatach.

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Aches and pains in pregnancy are a normal aspect of your body adapting to accommodate your growing baby.

PGP is any pain that becomes persistent in nature around the pelvis this can include one or several of the following: lower back, buttocks, hips, groin, front of the pelvis and inside of the thighs.

The pain can have many causes due to the changes happening in your body such as; the added weight of the baby, changes in posture, altered movement patterns and even the way the baby is positioned.

Walking, sit to stand, turning in bed, getting dressed, housework, standing for long periods, using stairs, getting in/out of bed/car are some of the activities that can aggravate the pain.

Try to move between positions (such as sitting to standing) slowly and avoid holding your breath.

Avoid high steps, too many stairs and standing on one leg i.e. sit down to get dressed, use a lift whenever possible.

Pace your activities throughout the day, do not stand/sit/walk etc for prolonged/extended periods, try to break these activities into smaller chunks.

Minimise activities that irritate your pain where able and ask for help.

Use plenty of pillows in bed for support.