

This Free E-Book is brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

## Lower Back Pain During Pregnancy

By Mandy Robinson

Because of the added weight of the baby, many pregnant women experience large amounts of lower back pain. What many of these women don't know, however, is that this pain can be averted or mitigated in a number of different ways.

Back pain (also known as "dorsopathy") is pain felt in the human back that may come from the muscles, nerves, bones, joints or other structures in the spine. The pain may be constant or intermittent, stay in one place or refer or radiate to other areas. It may be a dull ache, or a sharp or piercing or burning sensation. The pain may be felt in the neck (and might radiate into the arm and hand), in the upper back, or in the low back (and might radiate into the leg or foot), and may include weakness or numbness.

Back pain is one of humanity's most frequent complaints. In the U.S., acute low back pain (also called lumbago) is the fifth most common reason for all physician visits. About nine out of ten adults experience back pain at some point in their life, and five out of ten working adults have back pain every year.

### 1. A Good Bed

An excellent mattress can do wonders for your back. If you are still sleeping on the same mattress that you have slept on for many years, then take a good look at it during early pregnancy. Is it still looking taut, or does it now sag in places? If it sags, then it has lost some of its support and will increase your chances of having back pain once you start to gain pregnancy weight.

### 2. Pillows

– As you enter your third trimester, you will need more pillows than ever before – Pillows are invaluable as pregnancy back support – Pillows balance all of your weight correctly – Place one pillow between your knees if you sleep on your side

### 3. At The Workplace

## Lower Back Pain During Pregnancy

You will want to ensure that your chair at work is ergonomic but more than that, that it is adequate for support of a pregnant woman. Check with any health standards that your work chair complies with current legal guidelines so that you don't incur unnecessary damage owing to sitting on a badly supported chair. When driving, you may find that you need to add a small pillow for your lower back.

For more great pregnancy related articles and resources check out

<http://splendidpregnancy.info>

### **Back Pain Relief Tips For Pregnant Women**

**By Ashish Jain**

Back pain is one of the banes that generally go with pregnancy. It is a common complaint. More than 50 % of the pregnant woman population suffers from it.

Back pain during the pregnancy is mainly due to change in the contours of the body of the woman, as baby grows within and puts on additional weight, month after month to the mother. This extra weight causes a change in the center of gravity of the woman's body. Major hormonal changes are also noticed in the early stages of the pregnancy, which is an additional cause of the back pain.

The center of gravity of women's body shifts forward with the growth of the uterus. Her postures and movement style change and this put additional strain on her back, resulting in backache.

In certain cases, urinary infections which are also common during the pregnancy can be the cause of back pain. If the woman has acute back pain during the early stages of pregnancy, the same requires immediate attention of the doctor. Back pain during the pregnancy can be due to a multiplicity of factors which demands immediate attention.

Medication for the sake of medication should be avoided during pregnancy. You are responsible for two lives, so any medication will only be by the advice of the doctor. Exercising is the sure remedy for a pregnant woman. Simple walking is the best exercise. But do not do aggressive walking.

Avoid slouching. Maintain an appropriate posture by using a lumbar cushion or pillow. Cultivate by experience good body mechanics. Muscular exercises are a deterrent to back pain.

A pregnant woman is not expected to stand for long periods, say while traveling and for any other reasons. Do not change your sitting position too often. In the early stages of pregnancy proper rest and adequate sleep is necessary.

Avoid high-heeled shoes at all costs. The practice is dangerous as it will put lots of strain on the back. Use a low flat stool for sitting. Avoid kitchen work for longer durations.

Your clothing should also be imaginative. Avoid tight clothing. Even if you are tired, avoid slumping forward. Slumping pushes the rib cage forward and down to the stomach. You can well imagine the

## Lower Back Pain During Pregnancy

resultant problems. While standing, be comfortable and keep your knees soft.

Many of your experienced friends and relatives can give you the correct tips for your backache problem. Such tips at times are more useful than the medical advice you get from your family doctor.

<http://www.backpainedetails.com/pain/>

& Back Pain Relief provides detailed information on back

pain, back pain treatment, back pain cure, back pain relief and more.



This Free E-Book has been brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**[100% Effective Natural Hormone Treatment](#)**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**