



*How to Avoid  
Uncomfortable....*

**PREGNANCY  
RELATED BACK &  
PELVIC PAIN**

And Have a  
Complication Free  
Pregnancy!

By Dr Belinda Ambrose BSc, MChiro, BSc (Hons) – VALUE £60

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# About The Author – Dr Belinda Ambrose, Chiropractor

Originally from Australia – Belinda (founder of Aligned Chiropractic) moved to the UK with the intention of having a working holiday and returning to Australia. However, falling in love with the UK put paid to that and finally an opportunity arose to move to beautiful Northumberland where, with husband Charles they started a family and Belinda founded Aligned Chiropractic in market town, Hexham.

With over 25 years of experience, seeing people of all ages (new-borns to 90-year olds) and from all walks of life (from office workers and tradespeople to elite athletes, Hollywood movie stars and superbike champions) Aligned Chiropractic has gone from strength to strength culminating in a clutch of awards.

Belinda's experience with Chiropractic began very early on in life – Chiropractic care was an integral part of a healthy lifestyle which her whole family subscribed to. Her brother Wayne is also a Chiropractor, a move professionally which transpired after realising halfway through a medical degree he wanted to help people with a holistic and drug free approach and medicine was incompatible with that philosophy.

Belinda started her Chiropractic journey with completing her first Bachelor of Science degree alongside the medical students at the University of New South Wales in Sydney. Following that she went onto finish her master's degree in Chiropractic at Macquarie University whilst teaching Anatomy to other Chiropractic and medical students. Finally, for a bit of academic fun, she enrolled in a second Bachelor of Science degree achieving a first-class 'honours' awarded by Portsmouth University in the UK.

Starting her professional career in Sydney, Belinda was head hunted by a practice in Queensland's Gold Coast and moved to Surfer's Paradise to start a new adventure. Working with some of the best in the profession, Belinda honed her skills whilst building up a portfolio of celebrity clients from the sporting world.

Restless for another adventure, Belinda moved to Canterbury in the UK eventually setting up Family Chiropractic in Ashford, Kent – the gateway to Europe. Working long hours and taking few holidays, Family Chiropractic quickly flourished and hiring an associate to assist Belinda became a necessity.

After meeting her husband Charles on a sailing trip in the Solent, the decision to move North was made and the rest is history!

# 5 Top Tips to Help Manage Back Pain and Pelvic Pain during Pregnancy

There are many ways to help yourself on a daily basis when you have back or pelvic pain during pregnancy. I am going to share with you my top tips in this report, to enable you to have a happy, healthy and comfortable pregnancy. Combining these tips into your daily life will also hopefully allow the birthing process to be less painful, shorter in length and easier overall.

## **1) AVOID SITTING FOR TOO LONG**

Sitting for longer than 20 minutes at a time puts a lot of pressure on the pelvis and muscles surrounding the lower back. It is so important to stay active during pregnancy as it helps to keep your muscles and ligaments strong and support the growing baby bump. As the bump grows, your centre of gravity changes which makes your lower back muscles work harder. When you are sitting, you put even more strain on those muscles. Other things to be aware of when you are sitting are NOT to cross your legs or tuck your legs underneath you on the sofa/chair, this puts your pelvis in an awkward position which will stress the muscles and ligaments of your lower back.

Try sitting up straight allowing the chair/sofa to support your back, you could even use a pillow in the small of your back to encourage the natural lumbar curve. Make sure your feet are touching the floor and that your knees are below your hips, this again will put less strain on the lower back and pelvic muscles. If you struggle to sit due to pain then I would suggest to lie on your left side with a pillow between your knees to keep you neutral. With both sitting and lying the main thing is to not stay in that position for too long. Movement will encourage healing, reduce inflammation and stop any weakness occurring in pelvis and lower back.

## **2) STOP WEARING HIGH HEELS**

High heeled shoes are a big cause of lower back and pelvic pain whether you are pregnant or not. This is because it changes your centre of gravity and forces your body forward, add a growing baby bump into the mix and that is going to make it even worse. The muscles in your spine will have to work so much harder to keep you upright and over time this will start to create problems.

Shoes that are flat or have a slight heel on them are fine to wear, I always suggest to make sure that it is a full shoe with good support especially in the arch of your foot. Make sure you stand up straight with your feet about hip width apart and don't favour weight on one leg compared to the other. It is crucial in pregnancy to keep your pelvis balanced and neutral, this will allow the baby to get into the correct position for the birthing process.

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## **3) GENTLE EXERCISE**

As I've already explained movement is very important. Walking daily can help reduced pain and keep your back strong. Start with shorter walks (15-20 mins) and build yourself up slowly to do more each day/week if you feel you can.

Swimming is also great for pregnant women, firstly, its non-weight bearing so it won't put too much strain on the muscles and joints in the lower back and pelvis, and secondly, the weightlessness allows the baby to move freely and helps them to get in the correct position for birth. I would suggest doing front crawl over breast stroke, however if you struggle with front crawl then do breast stroke arms and keep your legs straight and kick from the hips. Just getting in the water and moving around will be very beneficial if you don't feel up to swimming. You could even try and gentle aqua aerobics class.

You can also find many local pregnancy Yoga and Pilates classes. They will help to stretch the body and strengthen your core muscles which will take the pressure off your lower back and improve your posture. Yoga is especially good for your overall well-being, it will improve your sleep, relax your mind, keep you strong and flexible.

## **4) SEE A CHIROPRACTIC TRAINED SPECIFICALLY IN PREGNANCY**

There are many manual therapies that can aid you during pregnancy. You don't have to have pain to benefit from them either.

Chiropractic Care helps to restore proper function in the spine and pelvis which will in turn reduced inflammation and pain as well as relax the surrounding musculature. Chiropractors will work with the pregnant women to create the best environment possible for the baby to grow and develop, this involves gentle specific adjustments and muscle and ligament releases to the lower back and pelvic area.

Chiropractors also have other tools they can use like advising on specific exercises to facilitate best positioning for the baby, the use of a sacroiliac support belt to stabilise the pelvis or traditional Chinese acupuncture (TCM) to improve the energy flow through the body.

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## 5) SLEEP SUPPORT

Getting a good night sleep during pregnancy can be a challenge especially if you are in pain and uncomfortable. A good night sleep is crucial as this is when your body will do most of its healing. Side sleeping is optimal during pregnancy, this helps improve the blood flow not only to your own body but to the developing baby. Sleeping on your left side is the most beneficial, you can pop a pillow between your knees and keep your knees bent, this helps to take strain off the pelvis and give you added support.

Taking yourself to bed 10-15 minutes earlier than normal to do some guided meditation will also allow you to relax and have better quality sleep, meditation is also very good for improving pain especially if you combine it with deep breathing techniques.

It is also worth avoiding bright screens, food and stimulants 2-3 hours before you go to bed, keep your bedroom cool and dark and follow a consistent sleep schedule

# Conclusion

So, there you have it, some fundamental top tips to help you get back on track with any discomfort you may have during pregnancy. To get the best results you will want to do a combination of all things discussed, however most importantly you must stay active and seek professional advice if any of your symptoms worsen or you are unsure where to start.

## **HEALTH ADVICE DISCLAIMER**

**We make every effort to ensure that we accurately represent the advice displayed throughout this guide.**

**However, examples of such are based on typical representations of those conditions that we commonly see in our practice. The information given is not intended as representations of every individual's potential situation. As with any health issue, each person's symptoms can vary widely and each person's recovery can also vary depending on background, genetics, previous medical history, application of exercises, posture, motivation to follow advice and various other physical factors.**

**It is impossible to give a 100% complete accurate diagnosis and prognosis without a thorough physical examination and likewise the advice given for management of a problem cannot be deemed accurate in the absence of examination from one of the General Chiropractic Council registered Chiropractors at Aligned Chiropractic.**

**No guarantees of specific results are expressly made or implied in this report.**