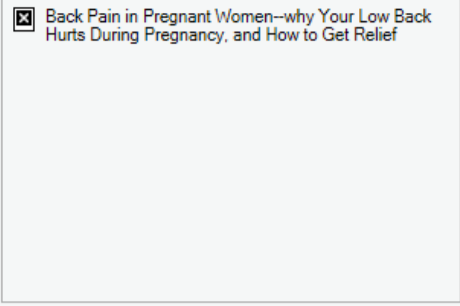


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Back Pain in Pregnant Women--why Your Low Back Hurts During Pregnancy, and How to Get Relief

Back pain in pregnant women is a very common complaint. In fact, as many as 80% of pregnant women will have back pain at some time during their pregnancy. There are several types of back pain that occur among expectant mothers, but low back pain is the most common. But why does your low back hurt during pregnancy?



But what does all that have to do with lower back pain? Well, unfortunately, your body is unable to isolate which ligaments and joints will stretch and loosen, and this happens on a broad scale throughout your body. As the ligaments and muscles which normally support your spine become lax, it can result in some instability in the spine, which can result in aching and discomfort.

This article will explore the causes of back pain during pregnancy, discuss the different types of back pain that occur, and provide information about what can be done to prevent and relieve prenatal back pain.

You do not need to rub or press hard - just like jumper cabling a battery - you are just making a connection from one point to the next. And it is as simple as that...

If your back pain is very intense, is rhythmic and feels like menstrual cramps, or is causing numbness, you should contact your health care provider.

What is *sciatica*? Sciatica is the official name given to a pain in the leg, foot, or buttock, brought on by a form of irritation to the sciatic nerve, the longest nerve in the entire body.

Sign up for free professional back pain advice at The X-Pain Method and say goodbye to pain forever. - <http://www.back-pain-advisor.com/help>

Sciatica can be simply fixed if you know how. Removing sciatica pain now is simple; stopping it returning is just as easy. You can actually lead a life without back pain ... just imagine all the activities you could do once again.

Lower back joint disruption also causes sciatica as the sciatic nerve is created by the lower joints. If these joints fail to move freely then the nerve at its source becomes irritated.

In order to maintain a healthy back during pregnancy, it is essential to engage in a regular exercise regimen. Exercise is essential for controlling and avoiding back pain. When your muscles are weak and inflexible, you are more likely to hurt. Regular exercise will stretch and strengthen your muscles and ligaments to better support your spine and prevent pregnancy back ache from occurring.

Specific exercises to alleviate low back pain during pregnancy include pelvic tilt exercises, Kegel exercises, back stretches, hamstring stretches, chest stretches, and wall squats. For detailed information on how to do these stretches and exercises, you can visit http://www.pregnancymomandbaby.com/painanddiscomfort/back_exercises_for_pregnancy.html

Sciatica is back pain that then travels down your leg. I can be a "pain in the butt" to pain in your feet. The biggest fear you probably have is that it will get worse and you may end up needing surgery.

As your uterus expands and your baby grows, it also causes immense changes in your posture, which can result in aching. As your abdomen and uterus stretch, it puts a greater strain on your back muscles.

Amanda Baker writes for <http://tobeinformed.com>

Are you one of the over 80% of adults suffering from back pain? Then you need simple, valuable and expert advice. Dr Graeme Teague is an expert in the structural field, and has been in practice since 1991 - visit The Back Pain Advisor - <http://www.back-pain-advisor.com> for valuable and expert advice, tips and information on your back pain issues.

Posterior pelvic discomfort can be aggravated by bending, twisting, rolling, climbing stairs, and prolonged leaning forward such as occurs when you sit at a computer for extended periods of time.

There are two common types of low back pain in pregnancy, lumbar pain and posterior pelvic pain. Lumbar pain is similar to the kind of back pain you may have experienced before you became pregnant. Lumbar discomfort is felt in the lower spine, at the level of, or slightly higher than, your waist. It can also result in pain that radiates to your legs.

It is important to stay active. Do exercises that develop muscles in your back and stomach. This helps to stabilize your spine. It is also important to maintain a reasonable body weight. Ensure that you practice good posture, and sleep on a mattress that is neither too hard or too soft. You should always discuss health matters with your physician, especially if you suffer progressive weakness, as this may constitute a medical emergency. The problem thought to be something easily treated may be a serious condition caused by the compression of the nerve roots in the lower end of the spinal canal, which requires immediate medical attention.

Treatment for *sciatica* is varied. It is only possible to find out what treatment is best for you by going to your doctor for an accurate diagnosis. Your doctor may order an MRI to conclude the exact cause of sciatic pain, although many physicians can determine the cause through physical examination alone.

In fact the majority of *sciatica* is simply fixed. Although disc injuries cause sciatica they are not the majority of sciatica cases. They only attribute approximately 10% of sciatica problems.

Your center of gravity is changing. Your abdomen is shifting out and down, and your spine curves backward to try to compensate for this shift. As a result, your spinal muscles become sore and tired, and more prone to injury and strain.

Posterior pelvic pain is often mistaken as *sciatica*. When you have sciatica, it causes discomfort not only in the low back, hips, buttocks, and thighs, but also in the legs. With sciatica, the leg pain is generally more severe than the spinal pain, and is accompanied by numbness, tingling, or pin-pricking sensations. This aching and numbness generally radiates all the way into the toes. Numbness may also extend to the groin and genital areas.

Lumbar discomfort can be triggered by sitting or standing for extended periods of time or by repetitive lifting. Posterior pelvic pain is low back ache that is experienced behind the pelvis, below the waist, and/or across the tailbone or sacrum. It can also be felt in the buttocks, on one or both sides, or in the back of the thighs. You may also have pubic pain. Posterior pelvic pain occurs four times more frequently than lumbar pain during pregnancy.

3. Stretching your hamstring muscles will help loosen them and prevent stress on the sciatic nerve which causes pain. Lie on your back with knees bent, feet flat on the floor. Put your hands behind your knee and pull up your leg until it points upward, then straighten your leg until you begin to feel it stretch. Stop there and hold for around 30 seconds. Repeat 2 or 3 times. Do the same with the other leg. Repeat this 2 or 3 times a day. Don't overdo this exercise or it could make your pain worse.

The most common causes of sciatica are: pelvic imbalance, Piriformis muscle tightness, and lower back joint disruption. Pelvic imbalance causes the Sacro-iliac joints to tighten which then allows the muscles in the buttock to go into spasm, leading to sciatica.

Sciatica is generally caused by a herniated or bulging disk. Your risk of low back pain during pregnancy increases if you have had back aches before becoming pregnant or during a previous pregnancy. You also have an increased risk of prenatal back pain if you are carrying twins or are overweight.

Exercise your stomach muscles, but that doesn't mean start doing crunches and sit ups, these will make it worse and in fact may help cause sciatica. The hip flexor, piriformis, and stomach muscles are the most important ones to strengthen if you have sciatica.

The best way to ease tension off the Piriformis muscle is to both stretch the muscle and to use Acupressure to reduce overall muscle tension. Stretching the muscle involves you lying on your back and pulling your knee towards your opposite shoulder. This stretches the Piriformis muscle; if you don't feel tightness in your buttock then you need to use a different stretch.

There are 3 simple exercises for sciatica. They are 1. Lay on the floor, one leg bent and foot flat on the floor, the other leg straight. Hold your lower back flat against the floor. Raise your straight leg 8 to 10 inches off the floor keeping your lower stomach muscles tight. Hold this for about 10 seconds then lower your leg. Repeat with other leg. Remember to raise and lower your leg slowly. Try to work your way up to ten lifts a day with each leg. This will help strengthen your lower abdomen.

To help joints move more freely is just as simple, all you need to do is to press gently but firmly on the joint that is sore. You will notice if you press in some directions the pain feels a little worse - like a bruise. If you press in this direction while you breathe in and out, your body will actually correct the joint and ease the tension around it.

About the Author:

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Take extra care to be aware of how you bend and move. That alone can help prevent discomfort before it begins. Back pain in pregnant women can be frustrating, for sure, but you can find relief. Be sure you are getting adequate rest, nutrition, and exercise, and you will be on the way to eliminating backaches for good.

Backache can occur for a number of reasons, which can be reduced to two main issues: hormones and postural changes. During pregnancy, your body produces a veritable cocktail of hormones. Among these is a hormone called relaxin. The primary role of relaxin is to loosen the joints and ligaments in your body in order to help them stretch and widen. This allows your body to more easily make room for your baby inside of your pelvis. And, when the time comes for your baby to be born, the hormone relaxin will have helped the joints of your pelvis relax and stretch enough for your baby's shoulders to pass through your pelvic bones.

2. The piriformis muscles are the ones in your buttocks. These need to be strengthened to take the pressure off your sacro-iliac joints, the ones that connect the base of your spine to your pelvic bone. One way to do this is place a rolled up towel at the base of your spine where the triangle shaped bone, (the sacrum), is. One end should be at about where your waist is and the other at or slightly beyond your sacrum. Make two fists and put them behind your head on the rounded area of your skull, (the occiput). Do this for about five minutes and then go for a short walk. This exercise will help take the pressure of your joints and spine.

This is only a temporary fix for your back pain and *sciatica*, you still need to rebalance your pelvis (the most common cause of back pain), strengthen weak muscles, reduce muscle tension and correct all the joints not working correctly.

As soon as possible, you need to begin stretching and strengthening your muscles for sciatic pain relief and help prevent further problems. Before beginning any exercises for sciatic nerve pain, get a diagnosis from a physician such as a chiropractor. You need to be sure you do not have a condition of injury that will be made worse by exercise.

As anyone knows who has ever had sciatic nerve pain, it is extremely painful. Move in the wrong way and you will experience intense pain. Numbness and tingling may occur at any time. This makes it extremely hard to go about your daily activities or do productive work to support yourself and your family.

The Acupressure technique is even simpler... A simple Acupressure point to reduce muscle tension is on the back of your knee. Just come in from the outside of your knee where your hamstring tendon is, the depression there is an Acupressure point for muscular tension. Simply hold this point on both knees at once and rest your hands there for at least 5 minutes. The longer you hold the point the more the tension will reduce.

Sciatica is most commonly caused by a slipped disc in the lower back, some form of arthritis, or a pinched nerve. It begins with back pain, followed by calf or hamstring pain, and sometimes included numbness in the toes. Forms of sciatica, resulting from inflammation get better with time, healing themselves. However, bed rest is not the best way to treat sciatica. It is shown that remaining active and performing exercises that are not weight bearing can help. Given time, even herniated spinal discs can heal.

So... To stop your *sciatica* now you need to address the Piriformis muscle tightness and the lower joint issues. The pelvic imbalance needs correcting but this helps to stop your sciatica returning mainly, although it will also reduce your pain quickly.

The more you can keep active and exercise the better off you will be. Inactivity causes your muscles to get weak and therefore cause your back to get worse. Get on your feet and move around as soon as you can. If you feel pain while doing any of these exercises, stop doing them and consult a chiropractic or spine specialist.

Piriformis tightness is a common cause as the sciatic nerve either runs through the muscle or next to it. If the muscle tightens the sciatica nerve becomes irritated and *sciatica* occurs.

The second stretch is to do the same as above but hold your ankle over your opposite knee with one hand and then use the other hand to pull your knee towards that opposite shoulder. This will create a greater stretch.

Proper stretching and exercising, combined with over-the-counter pain medications can assist on the road to recovery. If your pain is not relieved by the milder pain medications, your doctor may prescribe a narcotic analgesic. However be advised that these medications can cause nausea, dizziness, and drowsiness, and may result in dependency if taken over long periods of time. In extreme cases, surgery may be required to remove fragment of the disc.

About the Author:

For better result you know the details natural treatment for *sciatica* with exercises. Discover more about cause and tips to cure Mid Back Pain.

Edward Wiggin

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