

## Recommendations

- Slow transition movements to avoid quick stretch of the round ligament
- When getting up from a seated or lying down position, contract pelvic floor muscles
- Self-massage from the outside of your hips to the pubic bone
- Tying a scarf around the lower abdomen can also provide extra support
- Arches can drop during pregnancy with added weight make sure you wear orthotics to support your arch

### Safe pregnancy exercises for round ligament and pubic symphysis pain

Cat Camel



Pelvic circles



Forward leaning inversions



Childs pose – can use gym ball and also add rotation



Butterflies



Inner thigh stretch



Bird dogs



Wall angels



Pelvic floor activation exercise

\*Although round ligament pain is a common and harmless pregnancy condition, abdominal pain can be a sign of a serious problem, such as preterm labour, severe preeclampsia, placental abruption, or a medical problem unrelated to pregnancy like appendicitis.

Typically round ligament pain gets better when your knees are bent toward your chest and worse with transitional movements. These other issues are not made better or worse with changes in position.

Contact your doctor if you experience that type of pain.

**When/if one of your hip bones rocks back out of alignment and the opposite hip bone rocks forward, the sacrum, which connects those two hip bones can tilt back one way or the other. This pulls on the round ligaments of the uterus. Book in to see our chiropractors to assist with pain relief**