

# Pregnancy: Managing Back Pain

Your body goes through lots of changes when you're pregnant.

And back pain during pregnancy is pretty common, but there are a few things you can do to feel better.

Ask your doctor or midwife how much exercise you can do.

Regular exercise, like swimming, water aerobics, walking, and stretching, can help with back pain.

And you can also ask your doctor or midwife about exercises to stretch and strengthen your back safely during pregnancy.

Be careful how you stand.

Standing can be hard on your back. So try not to stand for long periods of time.

And if you can, rest one foot on a small stool, switching feet often.

If your job requires lots of standing, sitting, or heavy lifting, ask your boss if you can take short breaks.

Or adjust your work activity so that you're not doing those things for too long.

You can also ask your doctor or midwife to write a note to your boss requesting breaks or other changes.

Stand with good posture by keeping your ears, shoulders, and hips in a straight line.

Also, try not to arch your back or push your belly forward.

Wear supportive, low-heeled shoes, and avoid flat or high-heeled shoes.

Try to avoid lifting anything heavy.

If you do need to lift things, lift with your legs.

Squat down, bending at your hips and knees—not at your waist.

As you pick up the item, look straight ahead.

Keep your back straight, your chest out, and your shoulders back.

Support your back when you sit or lie down.

When you sit, place a rolled-up towel or small pillow in the curve of your back.

And get up and move around as much as possible.

When lying down on your side, put a pillow between your knees to take pressure off your hips and back.

It's best to lie on your left side.

When your back hurts, try using a hot water bottle or heating pad set to low to help with pain.

But don't use a heating pad when you go to sleep.

A warm bath, shower, or massage may also help.

If heat doesn't work, try ice or a cold pack.

Whether you are using cold or heat, be sure to put a cloth between your skin and the ice or heating pad.

This program is for informational purposes only. Publisher disclaims all guarantees regarding the accuracy, completeness, or suitability of this video for medical decision making. For all health related issues please contact your healthcare provider.



# Pregnancy: Managing Back Pain

With some self-care and a few other small changes, back pain usually gets better.

Learning how to prevent or manage it may help you feel better during your pregnancy.

And remember, you know your body best.

If you aren't feeling better, or you think something isn't right, you can always call your doctor or midwife.