

Round Ligament Pain

The round ligament attaches from the uterus to the labia majora and has both supportive and muscular roles. It supports the uterus by lifting it up and out of the vaginal canal during arousal, preventing pain during penetration and optimizing the position of the cervix for conception. Since its structure is also muscular, spasms can cause sharp, stabbing pain in the groin with quick movements, which usually only last a few seconds.



In late pregnancy, the trunk and uterus commonly rotate to the right, making round ligament pain more common on the right side. Restrictions can also cause vulvar varicosities, swelling of the mons pubis or legs, discomfort with arousal, or pain in the back, pelvis, or thigh due to increased pressure on the inguinal ligament, restricted blood flow, or nerve impingement. Retraction of the round ligament postpartum can also cause pain. **Pelvic floor therapy can help!**

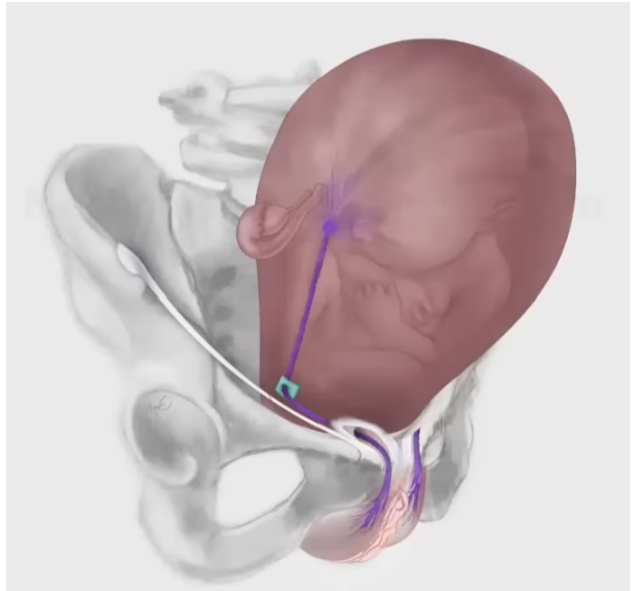
- ❖ Learn manual techniques to release the round ligament and surrounding restrictions (such as the hip flexors, diaphragm, and abdominal fascia)
- ❖ Learn how to properly perform a pelvic brace before changing positions - transition slowly to let the ligaments stretch gradually as you move
- ❖ Learn positions, gentle stretches, and manual techniques to alleviate discomfort.

Other tips:

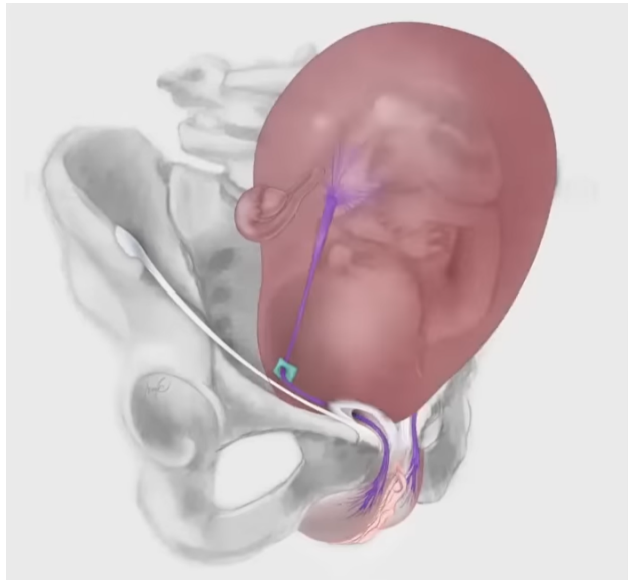
- ❖ Lean forward (flex hips) before quick movements, sneezing, or coughing to reduce pull on the ligaments
- ❖ Wear an external support band ([Baby Belly Band](#) is great)

Round Ligament Effect on Fertility:

- ❖ Tightness in the round ligament can result in the uterus taking on an abnormal shape and potentially restrict the passageway for a fertilized egg to enter the cervix for successful implantation (mechanical infertility). In addition, this tension can also impede blood flow to the uterus and ovaries, causing decreased local hormonal production and leading to hormonal infertility.
- ❖ The round ligament is also associated with endometriosis due to its relationship with mechanical and hormonal infertility. Women with endometriosis may have thicker or more fibrous round ligaments, which may contribute to pain and infertility associated with the condition.



Restricted round ligament limiting movement of baby.



Released round ligament restores space & allows space baby to turn head down.

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