

Sore Lower Back After Pregnancy: Causes, Relief Tips, and Recovery

Meta-Description:

Sore lower back after pregnancy signifies body changes. Do gentle exercises, and consult a health provider if pain persists.

Introduction:

New moms often complain about lower back pain after delivering a baby. Postpartum lower back pain is very discomfoting and untolerate, but mothers do it because they cannot do anything except to bear this pain. Let me tell you there are some recovery tips too which would make this process easier for you.

I know that experiencing backaches during pregnancies makes sense, but dealing with the **sore lower back pain after pregnancy** can feel unexpected. But the reality is, it is not unusual. The human body undergoes an incredible process during pregnancy __ preparing to grow a baby and healing process after delivery __ So if you're feeling lower back pain after giving birth, it's a natural part of recovery.

Postpartum back pain is another name for this pain. It is very normal and common among new mothers (whether they give vaginal birth or c-section).

But why is it common? How will new mommies get relief from this pain?

Read this blog to know about sore lower back pain, learn about its tips to get relief from them.

Sore Lower Back After Pregnancy – Why Does It Happen?

We are already discussing the changes the human body undergoes to give birth to a baby. From hormonal changes to weight gain, everything is part of a normal pregnancy period. Women mostly report upper back pain too, but lower back ache issue is more after giving childbirth; hence, coming to **sore lower back pain after pregnancy**, take these changes as an outcome pregnancy.

If you are pregnant, you will experience more flexibility in your body with loosened ligaments and joints in the pelvic area, which prepares the human body for childbirth. **Relaxin** hormones cause this softening of your body; however, weight gain also happens. It can alter your posture by putting additional pressure on the spine and its supporting muscles. It just exacerbates the strain which leads to pain.

Uterus grows and shifts center of gravity resulting in the spine to adjust. Lordosis, which is an excessive inward curve of the lower back, makes the back pain worse. Overworked, weak and vulnerable muscles are more prone to injury contributing to persistence of lower back pain after pregnancy. These are some common **causes of backache after birth**.

Immediate Causes of Back pain after Labour

Obviously, pregnant women put on a lot of weight during pregnancy. Uterus expands and changes the posture, which weakens the abdominal muscles; consequently, putting extra pressure and strain on your back muscles.

After delivery, there will be additional discomfort which causes pain in the back, but no stranger evidence proves that epidurals may result in lower back pain permanently.

Sometimes bones and ligaments are shifting back to their original alignments which can cause back pain.

Hence **back pain after childbirth** or **back pain after labor** is an outcome of such changes.

Dealing with Extreme Lower Back Pain After Pregnancy

In case you experience extreme or pinching back pain after pregnancy, you need to invest time in self-care, gentle massage or even practicing light exercises. Although the back pain gets settled with passage of time or within a few months, if **postpartum back pain persists**, ask your physician.

Common home remedies are also effective for controlling extreme lower back pain. So, first evaluate your position, and then go for further treatment.

Gentle exercises:

Gentle exercises would eliminate the backache even though movement after delivery is sometimes painful but it is required too. This is what your body would need at that time.

Like you can start choosing a gentle form of the postpartum exercise like easy walk.
Either you gave vaginal birth or it can be c-section.

Add pelvic tilts if your physician recommends in your daily routine. Begin exercises to strengthen your abdominal and back muscles. You can do yoga to avoid overstretching or even extreme positions. If you feel any discomfort, stop it right away.

Brisk walk is always the safest and best way to start movement of your body after pregnancy.

Tips to Get Relief from the **Upper Back Pain Postpartum** during Pregnancy

- Pay close attention to your body position while feeding the baby (breastfeeding or bottle-feeding).
- Select a comfortable chair with armrests or a breastfeeding pillow to provide extra support to your back and arms.
- Also try a footstool to keep your feet slightly raised off the floor. It will help in proper posture.
- Bend your knees than your waist to pick up objects from the crouching positions to minimize your stress.
- Never lift anything heavy if you have a c-section.
- Take personal care like soak in warm tub (postpartum baths)
- Gentle massage to soothe pulled muscles, tense shoulders and low back pain.

- Adopt relaxation techniques to cope this discomfort during achy bedtime
- Use a heating pad or cold pack on the painful area.

Alternative Treatments:

- Physical therapy can relieve or prevent your pain.
- Chiropractic care can also support pain relief. Read about its [techniques and types](#).

Preventing Future Back Pain After Childbirth

In case you are pregnant and have not delivered a baby yet, you can take the following precautions to prevent this pain or even try to keep these tips in mind.

Involve in good exercise or postpartum exercises and also take some rests. This can help in preventing back pain after giving birth to a child.

Conclusion:

All new mothers, postpartum back pain is normal. Take it easy and try to patiently deal with it. It will definitely naturally leave you, but it will also take time. Understanding these natural aches are best to deal with these body transformations during pregnancy and childbirth.

Practice good posture while standing, sitting and sleeping. It would save you from an upper [backache during pregnancy](#). Engage in gentle exercises and follow the self-care routines to eliminate this discomfort.

However, in case of some unbearable pain, consult a health provider to ensure proper recovery. Always prioritize your back pain solutions and never avoid them. It will help in solving the long-term issues to adjust in their lives after pregnancy.