

Managing Pelvic Girdle Pain During Pregnancy: Tips for Relief

Meta Description:

Learn to alleviate Pelvic Girdle Pain During Pregnancy through gentle exercises, physiotherapy, pregnancy pillows and home remedies. Try these methods today!

Introduction:

Mothers understand the incredible journey of pregnancy full of hormonal, emotional and physical changes. Some experience a smooth journey, but some experience severe discomfort. One common experience among them is the **Pelvic Girdle Pain**.

Walking, standing, sitting or even getting out of bed becomes difficult. Your hips, thighs and back are aching, and you need to know some pain relief tips when you are expecting your child.

This **blog** is a guide about how **pelvic girdle pain** happens and how it can be managed. Stop worrying and start enjoying your pregnancies through these common and simple methods.

Tips to Relieve **Pelvic Pain During Pregnancy?**

Mommies know that their bodies prepare themselves for labor by pushing the baby head down towards the pelvis. Naturally, pelvic muscles or joints get stiff. For sure it happens, but it brings **pelvic girdle pain (PGD) and Symphysis Pubis (SPD)** along with it. Don't confuse them as they have slight differences but discomfort is a common aspect of both.

But before we start discussing these tips, let's not be ashamed of our pelvic issues during pregnancies like we cannot hold or pass pee and blah! Blah! Blah! Please Don't. It's not embarrassing, rather it is part of a process.

Coming across Alicia Jeffrey-Thomas's refreshing [Pelvic Dance Floor](#) Instagram stories reflected an advanced thought to ease pelvic dysfunction rather than making it a very conventional and depressing thing. Nah! Please do not please ...

Hashtags #Pelvic healthcare has increased over time. Over [3 million](#) fertility-related posts on Instagram highlight patients sharing personal experiences. So mothers are sharing their experiences and taking benefit from each other's journey.

1. Ok now first tip to get relief from this stingy pain through **Light and Gentle exercises**. Like do you invest time in doing gentle exercises? If you do not, then

start doing it to strengthen your muscles through exercise making pelvic floor, stomach, back and hip muscles stronger.

2. **Physiotherapy services** deal with pelvis joint problems improving the muscles function. The pain is relieved through joint position and stability. They all are comfortable and relaxing, nothing painful. Just do these !

Hold all these stretches for at least **5 to 10 secs**, and repeat this 4 to 5 times. Go for these gentle exercises.

3. **Pelvic tilting** is about stretching in a good way to your lower back and pelvis. It highlights there is a lot of **lower back pain or stiffness**. Either you can use a chair or a gym or birthday ball. Sit as tall as you can, and emphasize on the curve in your lower back.

Take care in case of [sore lower back pain](#) while you start pelvic tilts.

4. **Pelvic Circle** increases flexibility around the hip and pelvis to release pain. These small moments make you comfortable. Either pelvic tilting and pelvic circle, the user needs the birthing ball.

- a. Sit on this gym birthing ball
- b. Circle the ball underneath you in direction
- c. Swap & change the direction

5. Pregnancy Pillows provide you comfort between legs to ease and relieve the discomfort. So everyone wondering how they can **sleep with pelvic pain during pregnancy**, just use pregnancy pillows for a peaceful sleep.

Amazingly, these tips have little effort and amazing results. Take care of yourself, do these exercises and feel empowered. Self research must be stronger because there is still a lack of training programs educating pregnant women maybe due to lack of funds for [research](#).

Symptoms of **Pelvic Girdle Pain (PGP Pregnancy)**:

Upper backache in pregnancies happens because of misaligned joints. Their [symptoms](#) are different from **pgp pregnancy** signs. Pregnant ladies experience **pain in the pubic bone**, lower back, knees, thighs, hips or groin area. The following are some common symptoms of the pelvic girdle pain.

In case your pain becomes severe whenever you walk or move or uneven walking, this is the main sign of pelvic pain. Another common feeling is loose or wobbly pelvis. However, if women experience aching inner thighs during their pregnancy, it is also groin pain.

Groin hurting pregnancy will make smallest activities and movements like walking, going upstairs, getting out of bed, getting in or outside the car uncomfortable. It even causes pain when you spread your legs apart. Take extra care because these movements are unavoidable in your daily life.

Fatigue without any reason, any clear source or heard grinding sound from your pelvis are common symptoms of the pelvic pain along with **aching groin pregnancy**.

Good news is that all this pain fades away with pregnancy as they are just part of this immediate journey, nothing else. You can manage all these pain symptoms after applying methods to get relief from it.

Understand these symptoms and do follow the above mentioned tip to protect your mental health. Otherwise, your common and simple life activities will become harder. It can also contribute to postpartum depression after pregnancy.

Always consider your physician or consultant in case you experience these **sore pelvis pregnancy symptoms**.

Home Remedies to Reduce **Pelvic Pain During Pregnancy**

Always go to discuss with your physician about your discomfort, but certain home remedies can prove effective in managing this pain during pregnancy.

1. Simply apply heat or cold packs to the pelvic area to get immediate relief from the discomfort, pain or inflammation. Applying heat packs, taking warm baths, and incorporating pelvic stretches into daily routines can soothe **sore pelvis symptoms**.

2. While you sleep, use the pillow to alleviate pressure on the pelvis. It will promote better alignment and overall comfort and protect from **inner thighs sore pregnancy**.
3. Again another home remedy you can do is relaxation techniques including deep breath or even meditation to relieve tension as well as muscle tightness in the pelvic area. So there would be more promotion and relaxation.

If managed within home, these massages or remedies will help in our daily routine to control this pelvic pain and enhance the overall well0being during pregnancy. Rest is crucial, and avoiding activities that strain the pelvis will help prevent further discomfort.

Conclusion:

Hope this blog is helpful in answering some of your queries related to **how to sleep with pelvic pain during pregnancy** or **even pelvis sore during pregnancy**. Just figure out what works best for you by trying the discussed exercises.

Manage **pelvic girdle pain** tips to enjoy a more comfortable pregnancy.

