



connections
PHYSICAL THERAPY



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Relieve Pregnancy-Related Back Pain With Physical Therapy

Health & Wellness Newsletter

Are you currently pregnant and experiencing back pain? Have you given birth recently but are still feeling persistent pain, even after your delivery? One thing is for sure, pregnancy takes a toll on your body. Fortunately, our physical therapists at Connections Physical Therapy can help relieve your back pain, both during your pregnancy and after you have given birth.

If you have been suffering from back pain during or after a pregnancy, don't hesitate to contact Connections Physical Therapy today. We'll help you relieve your undesirable back pain so you can get back to comfortably doing what matters most – caring for your baby!

What Causes Back Pain During And After Pregnancy?

Back pain is common during pregnancy, with many women reporting pain both before and after giving birth. Most expecting mothers say their back pain occurs where your pelvis meets your spine (i.e., SI joint), but pain can develop anywhere in the spine.

There are many reasons why you may experience prenatal or postpartum back pain, including:

- **Increased weight.** Women typically gain 25-35 pounds during pregnancy. This puts extra stress on the spine, and the growing baby in your uterus also puts extra pressure on the nerves and blood vessels surrounding your back and pelvis.

- **Separation of muscles.** As your stomach continues to expand throughout your pregnancy, extreme stress is put on your abdominal muscles. With continued expansion, these muscles can separate along the center, in a condition known as “diastasis recti.” This may cause a muscle imbalance that places more stress on the spine, which may result in back pain.
- **Changes in posture.** When you're pregnant, your center of gravity changes. To compensate for this, most women will adjust their posture and how they move, sometimes without even realizing they are doing so.
- **Changes in hormones.** During pregnancy, your body releases a hormone known as “relaxin.” This increases joint laxity (looseness) in the pelvic area. This is your body's natural way of preparing for birth; however, this hormone causes ligaments in the spine to loosen, resulting in less stability and more risk for the pain to ensue.

Low back pain is a common prenatal and postnatal pregnancy concern, but the good news is that it is treatable with physical therapy!

Our Goal Is To Help You Reach Yours

[Click here to schedule your appointment!](#)

Stop letting pain get in the way. Give us a call or visit connectionspt.com today!

Fatema's Top Ten Tips for Pregnancy



My journey as a pelvic floor PT started with my own pregnancy. I realized the immense need for pelvic floor PT and decided to specialize in it. As someone who is passionate about helping women through their journey of becoming a mother and returning to activities pain-free post-pregnancy, I can tell you firsthand that pelvic floor therapy can make a world of difference.

1. It takes around 2.7 years to get back to your pre-pregnancy body. Be patient with yourself!
2. It is important to take it slow. Listen to your body!
3. Do not wait until the end of pregnancy to see a physical therapist for pain. Be proactive!
4. It is not normal to have leakage after pregnancy. See a PT!
5. It can be very beneficial to be evaluated by a pelvic floor PT post-pregnancy!
6. Learning to push correctly during delivery can prevent hemorrhoids!
7. After a C-section, scar tissue mobilization is very important!
8. Yes! We can help treat constipation!
9. Diastasis Recti is real!
10. Pregnancy and postpartum does not have to be painful!

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How Physical Therapy Can Help Your Pregnancy-Related Pain

Our physical therapists offer both pre-and postnatal treatments for pregnancy-related pain relief. At your initial appointment, you will be greeted by one of our experienced and dedicated physical therapists. They will perform a physical evaluation to assess the nature of your symptoms.

Your medical history and any health risks will also be discussed and considered before creating a treatment plan. After your evaluation, your physical therapist will put together an individualized program for you aimed at providing relief for your back pain and allowing for a smooth pregnancy and/or recovery from childbirth.

Treatment plans typically involve gentle therapeutic exercises, stretches, and manual therapy. These are all done to relieve pain, strengthen your core muscles, and improve posture. Your physical therapist may also suggest additional methods, such as massage therapies, to provide other relief and optimum function as deemed necessary.

How Strengthening Your Core Can Relieve Your Back Pain

The core muscles comprise the lower back, hip, pelvis,

pelvic floor, and even the diaphragm muscle. The muscles that make up your core are designed to help stabilize your body, support your posture, and allow you to move appropriately. When any of the muscles within that group become weak, it is difficult for your body to function correctly.

Significant weakness in the core will often lead to compensations and straining different body areas, most commonly the back and neck muscles. As a result, this leads to undesirable consequences, such as poor posture, fatigue, or pain. Fortunately, our highly-trained physical therapists use the latest evidence-based clinical knowledge in the field to identify and treat this condition based on its severity and the personal needs of the patient.

Contact Us Today

At Connections Physical Therapy, we want to make sure you are as comfortable as possible as you welcome the new addition to your family!

If you're experiencing back pain related to pregnancy, don't hesitate to reach out. Contact us today to schedule an appointment, so you can focus on what matters the most: taking care of your new little bundle of joy!

Sources:
<https://pubmed.ncbi.nlm.nih.gov/32560862/>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7220333/>

Stop letting pain get in the way. Give us a call or visit connectionspt.com today!

3 Gardening Tips To Avoid Injury

Summertime is finally here, and with it comes a renewed sense of energy and drive to reach your fitness goals!

After a long winter of being stuck inside, it's more important than ever to stay on top of your health and make sure you're engaging in physical activities.

Gardening is an enjoyable way to get active, especially in the summer! Nothing beats the smell of blooming flowers, fresh air, and warm sunshine.

Here are a few tips to ensure you avoid injury and make the most out of gardening this season:

1. Warm up first

Like any other physical activity, it is crucial to warm up before gardening. Morning gardeners need to make sure to walk around, or at least be up and moving, for about 45 minutes before starting any bending or lifting.

2. Practice Proper Technique

One of the most common mistakes gardeners make

is with their technique. Your back is incredibly strong and resilient when you maintain its natural curves. In the lower back, the curve you need to maintain is called lordosis.



When you stick your butt out, you will naturally increase the curve, a.k.a lordosis, and protect your back from injuries. Whether you are working with a shovel, rake, or spade, it is vital to keep your curves intact. Also, when bending to pull weeds, it is better to kneel or squat so you can maintain the straight spine position and protect your back.

3. Take Breaks

Taking frequent breaks or alternating tasks such as digging, lifting, and walking is beneficial for your body. Adding in some simple backbends before starting can also help decrease your risk of pain or injury.

Are you ready to enjoy gardening this season? Practicing these three tips will help you prevent injury and make the most out of this season!

Let's get you better ASAP! Schedule your appointment today!

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**Don't Just Tolerate
Pain, Relieve It!**

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