



3rd Trimester

Pregnancy and childbirth is a magical time!

Don't let your aches and pains get in the way.

See your physical therapist and find out what he or she can do to help you.

The 3rd Trimester is characterized by continued weight gain, slackening of joints, loss of core abdominal and pelvic floor support, SI joint pain, sciatica, low back pain, pelvic girdle pain, swelling, incontinence, hip and lower extremity weakness, fatigue, decreased endurance, etc.



During your pregnancy, especially in the third trimester, your back may start to feel uncomfortable. This can be due to Relaxin (a hormone released during pregnancy), which causes the ligaments to be a little lax and can pull the lower back and pelvis in different directions, putting strain on different areas and causing pelvic, hip, or back pain. Other musculoskeletal issues that can arise during during this stage of pregnancy are nerve compression syndromes, such as carpal tunnel, tendonitis, circulatory problems, spinal problems, or pelvic joint pain (such as osteitis pubis, coccyx/tailbone pain, groin pain, or sacroiliac pain).

How Physical Therapy can help?

Physical therapists can provide patient education, exercise instruction, and hands-on manual therapy to address each of these concerns. Education focuses on proper posture and positioning to ease the stress or strain on ligaments and joints. PTs are the experts at proper fit and use of maternal supports that allow women to remain comfortable in both activity and rest.

Prior to delivery, physical therapists can provide instruction on correct pelvic floor contractions to minimize pain and maximize outcomes during this stage of recovery. In preparation for delivery day, physical therapists can assist with breathing exercises, appropriate labor and delivery positions that are specific to your dysfunctions.