

Pelvic Girdle Pain (PGP)

(formerly known as
Symphysis Pubis Dysfunction – SPD)



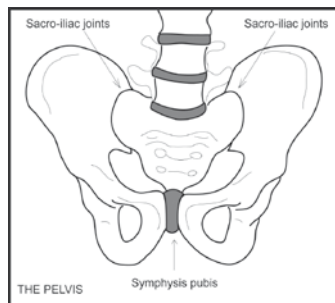
What is Pelvic Girdle Pain (PGP)?

PGP (formerly known as Symphysis Pubis Dysfunction – SPD) is the name given to a group of symptoms or pain in the joints in the front and/or back of your pelvis. It can start at any stage in pregnancy. Common symptoms are:

- pain walking and standing
- difficulty climbing stairs
- pain and difficulty turning over in bed
- having to sit down to get dressed.

PGP describes pain in and around the joints that make up your pelvic girdle; this includes the symphysis pubis joint (SPJ) at the front of your pelvis and/or the sacroiliac joints (SIJ) at the back.

The pain can be managed and treated – the sooner you ask for help the better.



PGP is common, affecting 1 in every 5 women during pregnancy. However, it is easily treatable.

What causes PGP?

Usually there are a combination of things that can cause PGP. These include:

- postural changes (changes to how you stand/sit)
- muscle imbalance (where some muscles are working harder than others).

Common things which aggravate PGP include:

- walking
- stairs
- rolling over
- sitting for long periods of time
- the affects of pregnancy hormones on muscles and ligaments.

Risks

Not all women have any obvious reason for developing PGP, but for some the following physical risks may apply:

- a history of previous low-back and pelvic girdle pain
- previous injury to the pelvis.

Other risks may include:

- more than one pregnancy
- a hard physical job or workload
- PGP in a previous pregnancy
- increased body weight and body mass index before and/or by the end of pregnancy.

Even if you do not think you are at risk, you can still develop PGP.

Ask your midwife or GP to refer you to:

Women' and Men's Health Physiotherapy Team,
Level 2 Therapies Department, Churchill Hospital, Old Road,
Headington, OX3 7LE.

We can offer appointments in Oxford, Bicester or Banbury.

We offer a range of services designed to treat PGP. Initially you will have an appointment made to see us in the advice group.

If the pain does not settle within a week of going to the advice group, you can contact the physiotherapist again and ask for an individual appointment for assessment and treatment.

How to avoid making the pain worse:

- Avoid activities you know make your pain worse.
- Ask for a referral for physiotherapy treatment.

Don't push through the pain (if it hurts, don't do it!).

Further information

Pelvic, Obstetric and Gynaecological Physiotherapy (POGP)

<http://acpwh.csp.org.uk/>

Tel: **0207 306 6666**

The Pelvic Partnership

www.pelvicpartnership.org.uk

Tel: **01235 820 921**

If you have a specific requirement, need an interpreter, a document in Easy Read, another language, large print, Braille or audio version, please call **01865 221 473** or email **PALSJR@ouh.nhs.uk**

Compiled by the Women's and Men's Health Physiotherapy Team, which comprises Specialist Physiotherapists in the Women's Centre, the Practice Development Midwives and the Pelvic Partnership.

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www.ouh.nhs.uk/patient-guide/leaflets/library.aspx

