

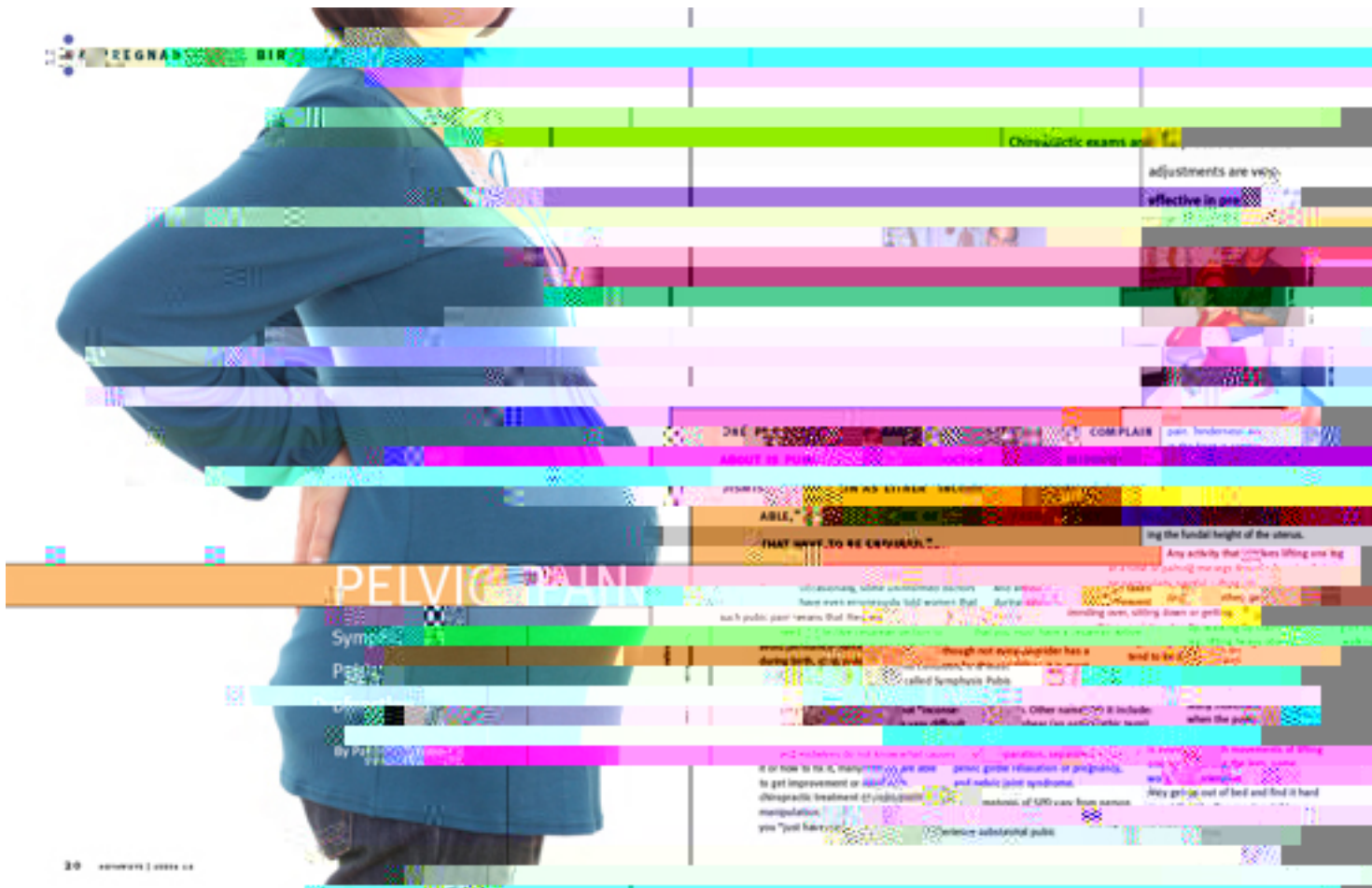
Pelvic Pain: Symphysis, Pubis, Dysfunction

Written by Pamela Vireday

Saturday, 01 December 2007 00:00 - Last Updated Wednesday, 26 February 2014 09:17

One problem that many pregnant women complain about is pubic pain. Yet doctors and midwives often dismiss this pain as either inconsequential, unfixable, or just one of those pregnancy discomforts that have to be endured.

Occasionally, some uninformed doctors have even erroneously told women that such pubic pain means that they would need an elective cesarean section to avoid permanent damage to that area during birth, or as a result of prior damage to the area.



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- Move slowly and without sudden movements
- If sex is uncomfortable for you, use lots of pillows under your knees, or try other positions
- If bending over to pick up objects is difficult, there are devices available that can help with this
- Some women report that pelvic binders or maternity support belts are helpful for pelvic pain; brands in the US include Prenatal Cradle, BabyHugger, and the Reenie Belt. However, if the pelvic bones are really misaligned, some women report more pain with these. Listen to your body on whether to use these.
- In my experience, working with the sacrum using the Webster, as well as, an exercise device

