



SPD



Leah's Health & Osteopathic advice

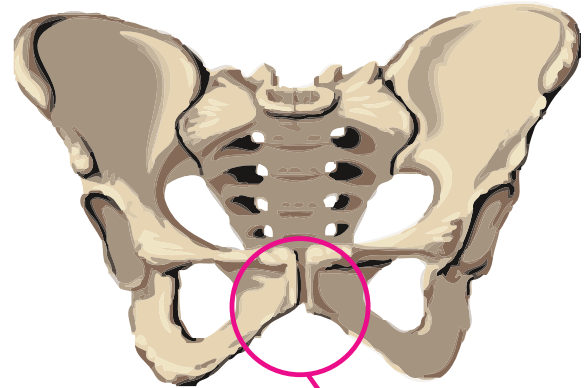
Question:

What is SPD?

Answer:

SPD (Symphysis Pubis Dysfunction) causes excessive movement in the joint at the front of the pelvis which can result in pain

This is a condition commonly affects pregnant women.



Symphysis Pubis

Cause in Pregnancy

The hormone relaxin can cause a loosening to the ligament that stabilise the joint at the front of the pelvis and can result in excessive movement causing pain and inflammation.

This joint is normally very stable and together with the sacroiliac joints at the back of the pelvis make up the pelvic ring that allows transmission of load from the legs to the upper body when walking.

This condition may also be a result of pelvic misalignment.

How can Osteopathy Help?

Osteopathy can help by improving the symmetry through the whole pelvis.

Have previously experienced SPD?

Unfortunately you are more likely to suffer with this condition again.

Prevention is better than cure!

We recommended that you leave time between pregnancies for this joint to "heal" and you undergo a rehabilitation programme

Helpful tips

- Rest, this is the best way to alleviate pain and prevent the condition worsening
- Wear a Brace support (we stock these in clinic or can order them for you)
- Avoid any movements that separates your legs especially when weight bearing.
- Pelvic floor exercises (to help stabilize pelvis)
- Avoid lifting
- Hydrotherapy
- No breast stroke when swimming

Leah
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