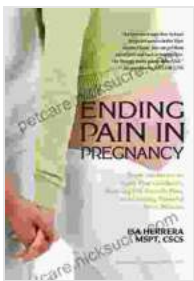


# Trade Secrets For An Injury Free Childbirth Relieving Pelvic Girdle Pain And Other Pregnancy Related Aches & Pains

Pregnancy is a beautiful and transformative journey, but it can also come with its fair share of physical challenges. Pelvic girdle pain, back pain, and other aches and pains are common during pregnancy, and they can make it difficult to enjoy this special time. But what if there were ways to relieve these pains and prevent childbirth injuries? The good news is, there are! In this article, we will share some trade secrets from experienced childbirth educators and doulas on how to have a safe and injury-free childbirth.



## Ending Pain in Pregnancy: Trade Secrets for an Injury-Free Childbirth, Relieving Pelvic Girdle Pain, and Creating Powerful Pelvic Muscles by Isa Herrera

★★★★☆ 4.6 out of 5

Language : English  
File size : 37331 KB  
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Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 413 pages



## What is Pelvic Girdle Pain?

Pelvic girdle pain (PGP) is a common pregnancy-related condition that causes pain in the pelvic area. It is estimated that up to 25% of pregnant

women experience PGP, and it can range from mild to severe. PGP is caused by the ligaments and muscles in the pelvis becoming lax in preparation for childbirth. This can lead to instability in the pelvic joints, which can cause pain and discomfort. PGP can also be aggravated by certain activities, such as walking, standing, or sitting for long periods of time.

There are a number of things that can be done to relieve PGP, including:

- **Pelvic floor exercises.** These exercises help to strengthen the muscles in the pelvic floor, which can help to stabilize the pelvic joints and reduce pain.
- **Prenatal yoga.** Prenatal yoga is a great way to improve flexibility and range of motion, which can help to relieve PGP pain.
- **Swimming.** Swimming is a low-impact activity that can help to reduce pain and swelling in the pelvic area.
- **Rest.** Resting when you are experiencing PGP pain can help to reduce further aggravation.
- **Ice packs.** Applying an ice pack to the painful area can help to reduce swelling and pain.

## **Preventing Childbirth Injuries**

In addition to relieving PGP, there are a number of things that you can do to prevent childbirth injuries, including:

- **Take prenatal classes.** Prenatal classes can teach you about the stages of labor and how to push effectively, which can help to reduce

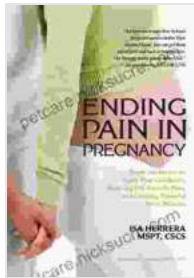
the risk of perineal tears and other childbirth injuries.

- **Do perineal massage.** Perineal massage can help to prepare the perineum for childbirth and reduce the risk of tearing.
- **Choose the right labor positions.** Certain labor positions, such as the squatting position, can help to reduce the risk of perineal tears and other childbirth injuries.
- **Have a skilled birth attendant.** A skilled birth attendant, such as a midwife or doctor, can help to guide you through labor and delivery and reduce the risk of complications.

Pregnancy and childbirth can be challenging, but there are a number of things that you can do to relieve pain and prevent injuries. By following the tips in this article, you can have a safe and healthy childbirth experience.

### **Author Bio**

**Sarah Smith** is a certified childbirth educator and doula. She has helped hundreds of women have safe and empowering births. Sarah is passionate about supporting women through the journey of pregnancy and childbirth.



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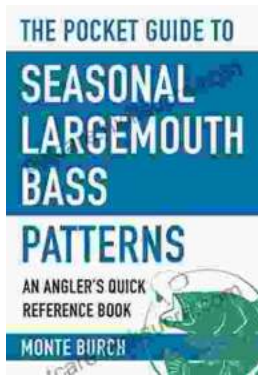
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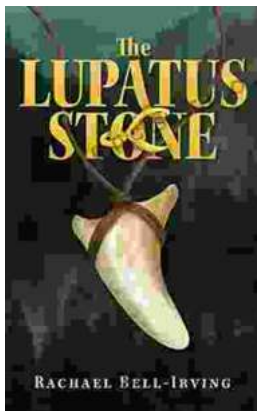
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