

Further information

Contact details

Women's Health Physiotherapist

Phone: 9784 8400

Frankston Hospital Physiotherapy (general)

Phone: 9784 7660

Phone Apps:

- The Pregnancy Pelvic Floor Plan
- Pelvic Floor First
- Squeezy

Disclaimer: The information contained in the brochure is intended to support, not replace, discussion with your doctor or health care professionals.

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Hip Pain during Pregnancy



Hip pain during pregnancy

Changes in the way muscles work during pregnancy can place more load on the side of the hip, resulting in outer hip pain.

Hip pain can be felt just around the hip or may run down the side of thigh as well

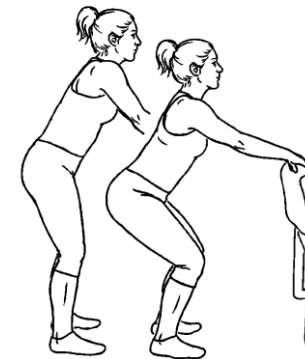
| Do | Don't |
|--|---|
| Sit with knees in front of hips | Sit with legs or feet crossed |
| Hip strengthening exercises to decrease pain and strengthen | Sit in low chairs |
| Sleep with pillow between knees so knees are in line with hips | Use small pillow so knees are together |
| Sleep with pillows behind back and hips to take pressure off side of hip | Sleep or lie on sore side for long periods |
| Use massage/tennis ball to release tight hip and bottom muscles | Stretch hip muscles by placing foot over knee |
| Keep weight equal when standing up for long periods | Stand for long periods hanging on one side of hip |

Exercises



Hip muscle activation

- Lie on back or sit in chair with belt or scarf tied above knees, knees in line with hips
- Gently push outwards against belt, Your knees should not move outwards
- 5-10sec holds x10reps
- Build up to 30sec holds, X3 daily



Squats

- Stand feet shoulder width apart
- Stick bottom out like sitting down on chair
- Weight stays through your heels
- Rise up into standing
- X10reps x3 daily