

PREGNANCY

AND LOW BACK PAIN



A history of lower back pain **DOUBLES** the risk of developing pregnancy-related low back pain.



Pregnancy-related low back pain typically starts between the **FIFTH** and **SEVENTH** months.



40% of women who experience pregnancy-related low back pain continue to suffer **SIX MONTHS** after delivery, and **20%** report pain **THREE YEARS LATER.**



Almost **75%** of women undergoing chiropractic manipulation report significant **PAIN REDUCTION** and clinically significant **IMPROVEMENTS** in **DISABILITY.**



In addition to musculoskeletal benefits, ongoing **EXERCISE** during pregnancy decreases one's risk of excessive weight gain, pre-eclampsia, gestational diabetes, and pre-term birth, while improving self-image and pain tolerance. Women **SHOULD NOT** begin vigorous exercise during pregnancy. Healthy women may begin or continue **MODERATE INTENSITY** aerobic exercise for at least 150 minutes per week.