

Treating Back Pain in Pregnancy with Osteopathic Manipulation

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Normal Spinal Curves

The header consists of a solid blue rectangular bar at the top. Below this bar, there are several overlapping, wavy, light blue shapes that create a sense of movement and depth, resembling stylized waves or the curves of a spine.

Pregnant Spinal Curves

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Sacral Ligaments

The header features a solid blue background with a white title. Below the title, there are several overlapping, wavy, light blue shapes that create a sense of depth and movement, extending across the width of the slide.

Pelvis Changes That Occur in Pregnancy

- * Relaxin is a hormone in pregnancy that softens ligaments through the body. This enables an outward, opening up movement of the pelvis. So during pregnancy normally stiff joints become more flexible and this combined with the weight of a developing baby and with changes in posture lead to a high chance of back pain in pregnancy.

Sacral Dysfunction

The header features a solid blue background with a white wavy line at the bottom. Below the white line, there are several overlapping, semi-transparent blue wavy shapes that create a layered, water-like effect.

Standing Flexion Test- Pelvis Dysfunction

Seated Flexion Test/Sacral Dysfunction

Craniosacral Motion

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Myofascial Release to Sacrum



Hands-on OMT Session #1

- * Treat sacrum with myofascial release

Muscle Energy to Anterior Pelvis (Longer Leg)



Muscle Energy to Posterior Pelvis (Shorter Leg)



Hands-on OMT Session #2

- * Treat pelvic somatic dysfunction with muscle energy
 - * 1) Treat anterior pelvis
 - * 2) Treat posterior pelvis

Still Technique for Anterior Innominate



Anterior Innominate #2



Anterior Innominate #3



Still Technique for Posterior Pelvis



Posterior Innominate #2



Posterior Innominate #3



Hands-on OMT session #3

- * Treat pelvic somatic dysfunction with Still Technique
 - * 1) Treat anterior pelvis
 - * 2) Treat posterior pelvis

Pelvis Exercises

Compress pillow for 4 seconds



Push out against theraband for 4 seconds



Anterior Pelvis Exercise(Longer Leg)



Posterior Pelvis Exercise (Shorter Leg)



Practice Pelvic Exercises

- * Practice Pelvic exercises
- * 1)Knees together/apart
- * 2)Anterior pelvis exercise
- * 3)Posterior pelvis exercise

Directions: Two Times Daily

- * Sacral technique 90-100 seconds
- * Apply pressure on and off slowly
- * Anterior pelvis(longer leg): Wife pushes knee into hands four seconds with light to moderate force. Rest 4 seconds. Repeat 3 more times each time with wife`s knee a little closer to chest.
- * Posterior pelvis(shorter leg): Husband does not pull shorter leg. He resists wife pulling at hip 4 seconds. Rest 4 seconds. Repeat 3 more times. Cough on wife`s last pull.
- * Pelvis exercises as needed.

Sacroiliac Belts

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Sacroiliac Belts for Nonpregnant Patients

- * Sits in the concavity of the pelvis
- * Worn at all times (I let them take off in the shower)
- * Recheck at 4 and 8 weeks
- * Then wear during exercise

Thank You!