



**Pelvic
Partnership**
Supporting you

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Pelvic Partnership Coronavirus (COVID-19) Guidance

This guide has been developed by the Pelvic Partnership for women experiencing pregnancy-related pelvic girdle pain (PGP) and healthcare practitioners who provide care, support and/or treatment to women experiencing PGP during the COVID-19 outbreak.

For more general COVID-19 guidance related to pregnancy, being a pregnant healthcare worker or providing care, support and/or general treatment to pregnant and postnatal women, please see the relevant association below:

[Royal College of Obstetricians & Gynaecologists \(RCOG\) and Royal College of Midwives \(RCM\) Coronavirus \(COVID-19\) infection and pregnancy](#)
[Chartered Society of Physiotherapy Information and guidance for CSP members about the coronavirus outbreak](#)
[Institute of Osteopathy COVID-19 Advice and Guidance](#)
[British Chiropractic Association Coronavirus guidance](#)

Q&As for women experiencing PGP and their families during COVID-19

Are pregnant women more likely to become ill with COVID-19?

According to the [Royal College of Obstetricians & Gynaecologists \(RCOG\)](#), “pregnant women do not appear to be more likely to be seriously unwell than other healthy adults if they develop the new coronavirus. [...] Most women will experience only mild or moderate cold/flu like symptoms. Cough, fever and shortness of breath are other relevant symptoms.”

If you think you may have symptoms of COVID-19 you should use the NHS 111 online service for information, or NHS 24 if in Scotland. If you develop more severe symptoms or your recovery is delayed, this may be a sign that you are developing a more significant chest infection that requires specialised care. If you feel your symptoms are worsening, the RCOG guidance suggests you should contact your maternity care team or use the NHS 111 online service / NHS 24 for further information and advice.

Should I be in self-isolation?

The Pelvic Partnership provides information and support for women with Pelvic Girdle Pain
Charity registered in England no: 1100373

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According to the RCOG guidance, “as a precaution, you should follow government advice about social distancing; stay away from public places and avoid anyone who has symptoms suggestive of coronavirus is still considered necessary for pregnant women to go out for essentials, such as food shopping, exercise and to attend antenatal appointments.”

The UK Government advice is to maintain this social distancing for the foreseeable future.

Can I still go to my antenatal appointments?

It is still really important to attend scheduled routine antenatal appointments when you are well.

As outlined in the RCOG guidance, “maternity care is essential, and has been developed over many years to reduce complications in mothers and babies. The risks of not attending antenatal care include harm to you, your baby or both of you, even in the context of coronavirus.”

Before any appointments please contact your maternity team to check if it will still be held in person or by telephone or using videoconferencing. Please keep in touch with your maternity team and ensure to continue to call and ask them any questions or discuss any concerns with them throughout your pregnancy and once your baby has been born.

How can I get manual therapy to treat my PGP during self-isolation?

Manual therapists have been advised to stop providing in-person consultations by their regulatory bodies and/or professional associations. This is to ensure the safety of their patients, themselves and their families and limit the spread of COVID-19, in line with Government recommendations.

For women experiencing PGP however, this news will mean that they can no longer get hands-on manual therapy to safely and effectively treat their PGP.

Many practitioners are still available to provide remote consultations by telephone or video conferencing. Please contact your own physiotherapist, osteopath or chiropractor to discuss your own treatment plan and identify next steps. Please do not attempt any exercises without consulting with your manual therapist. Although exercises may help in the short term by keeping you moving, they won't sort out the underlying problem.

If you don't have a manual therapist yet, please discuss with your midwife or head to our [list of recommended practitioners](#) to see if there are any practitioners near to you who may be providing alternative consultation options.



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If you want to discuss this with one of our trained volunteers, please give our helpline a call on 01235 820921.

We have also developed a list of different strategies to manage your PGP without manual therapy during the COVID-19 outbreak. To access this document, please head to our website www.pelvicpartnership.org.uk.

I'm feeling more anxious and uneasy at the moment. What help and support is available for me?

Pregnancy and after the birth of your baby can be a very difficult time emotionally. Currently, there is even more uncertainty and it is natural for all of us to feel more uneasy.

One of our volunteers, Dr Lucy Tinning has suggested some different self-care tips on managing your own mental health during COVID-19:
"Coronavirus has hit us hard in so many ways. There is a lot of fear and a lot of what can feel like chaos. We are having to adjust to extraordinary circumstances which can feel overwhelming."

Lucy recommends that we work to decrease the state of arousal from increased stress hormones in the brain: "remember, mindfulness and meditation – using guided imagery can help a lot, use calm and gentle breathing exercises".

We would strongly encourage you to seek support from different mental health support services. The Maternal Mental Health Alliance has a [list of different support organisations](#) for pregnant women and new parents.

More than ever it is important for women to connect with other women and offer each other support. Our [Facebook support group for women experiencing PGP](#) is a safe space for women to connect with others in the same position, share ideas on managing their PGP and offer support. Please come and join our community.

A more [detailed Q&A has been released for pregnant women and their families](#) to answer your questions and queries about the COVID-19 outbreak.



Q&As for healthcare practitioners who provide care, support and/or treatment to women experiencing PGP during COVID-19

Please note that the different professional associations have released detailed COVID-19 guidance to assist healthcare practitioners to put in place appropriate strategies to manage their response to the outbreak. Please visit your own professional association for more current information.

I am a physiotherapist, should I be providing face-to-face consultations?

The [Chartered Society of Physiotherapy \(CSP\)](#) has confirmed that all non-essential face-to-face consultations must stop. Community care providers must use remote consultations where possible to provide their services without physical interaction.

NHS England has stipulated that patients should only be offered face to face consultations if:

- They are in hospital and require physiotherapy.
- You have a high suspicion of risk of serious deterioration from underlying pathology and you are unable to determine this remotely.
- They have urgent rehabilitation needs, which if not met, will require care from General Practice, secondary care or social care agencies. This is particularly important if they are themselves a carer for someone else who is vulnerable.
- They require rehabilitation to support their rapid discharge from secondary care.

The CSP has also confirmed that group classes must not be delivered face-to-face at this time.

The CSP have also produced a series of resources to support physiotherapists to deliver remote consultations, including telephone and video consultations, [available here](#).

I am an osteopath, should I be providing face-to-face consultations?

In line with UK Government guidance, the Institute of Osteopathy (iO) stipulates that if osteopaths choose to remain open, they “should only be conducting remote consultations unless for urgent and emergency cases”.

As with other professional associations, the iO has produced [material and resources](#) to assist its members in providing telephone and video consultations and what constitutes an emergency, urgent or essential cases.



The iO has released a flowchart for emergency cases to enable osteopaths to identify after a remote consultation if the patient needs access to osteopathic care due to there being urgent care needs.

I am a chiropractor, should I be providing face-to-face consultations?

The British Chiropractic Association (BCA) has advised members “not to practise face-to-face consultations until further notice”.

Instead, the BCA notes “remote consultations via phone or video link are now being widely used by our members and this enables them to help their patients through the treatment of their musculoskeletal conditions as much as is practicably possible, as well as help to identify when a patient needs immediate emergency care.”

How can I provide care, support or treatment for women experiencing PGP during the COVID-19 outbreak?

As outlined above, while you are not allowed to continue face-to-face appointments outside of a hospital setting, consultations can still take place using alternative approaches, such as by telephone or by video conferencing.

We strongly encourage healthcare practitioners to do all they can to continue to provide ongoing care, support and treatment to women experiencing PGP, using remote consultation methods.

I want to provide care by telephone or by video conferencing, what resources are available?

There are a range of digital resources available. Many organisations are using Facebook, [Skype](#), [Zoom](#) or [Webex](#) to continue their businesses remotely.

The CSP have also produced a series of resources to support physiotherapists to deliver remote consultations, including telephone and video consultations, [available here](#).

How can I connect with other practitioners at this time?

Our [Facebook Closed Group for Healthcare Practitioners](#) who provide care, support and treatment to women experiencing PGP launched recently and is a forum for all practitioners to share ideas and advice, to promote best practice in the treatment of PGP. Given that face-to-face consultations have ceased, this group could offer an avenue for practitioners to work together and find creative solutions to help women with PGP during the COVID-19 outbreak.



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To discuss any of these issues in more detail, please email our co-ordinator on contact@pelvicpartnership.org.uk or call our volunteer helpline on 01235 820921.

This information is updated regularly but please advise if there are any broken links or information that is now out of date.