



**Pelvic
Partnership**
Supporting you

16 The Cleave, Harwell
Oxfordshire OX11 0EL
01235 820 921

pelvicpartnership.org.uk
contact@pelvicpartnership.org.uk

Strategies to manage PGP without manual therapy during the Coronavirus (COVID-19) outbreak

This guide has been developed by the Pelvic Partnership to support women experiencing pregnancy-related pelvic girdle pain (PGP) who are unable to access manual therapy to treat their PGP due to the COVID-19 outbreak.

For Q&As on COVID-19 for women experiencing PGP and healthcare practitioners providing care, support and/or treatment of women experiencing PGP, please visit our website www.pelvicpartnership.org.uk.

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 guidance](#)
[British Chiropractic Association Coronavirus guidance](#)

What strategies can I use to manage my PGP without manual therapy?

PGP is a severe and debilitating condition, affecting one in five pregnant women. Given the COVID-19 outbreak, managing this condition may be exacerbated due to the logistical challenges of managing the pain as well as the cessation of face-to-face appointments for manual therapy.

As well as the general information provided on our [website](#), here's a couple of suggestions that may offer relief in the short term.

Rest and relaxation

We would encourage you to listen to your body and rest as much as possible. Pain is worse when you are tired and stressed so getting a good night's sleep as much as possible is really important, also take frequent rests during the day. Try and do something relaxing that you enjoy every day.

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

Supported by: Big Lottery Fund, Viewpoint Housing Association, Bagg's Tree Buskers, Bartlett Taylor Charitable Trust, BT, Good Birth Company, npower and Tech Data UK





Get a good sleep position

Ensuring your pelvis isn't under strain when sleeping is important, use pillows or a rolled up duvet to support your upper leg while you lie on your side. Aim to keep your knee and ankle almost level with your hip, don't let the upper knee drop down to meet the lower knee.

Pain relief

Heat, cold packs, paracetamol, TENS machine and prescription painkillers are all options for managing the pain. Speak to your midwife before using TENS because it isn't suitable for some women.

Work/sitting

Make sure you are sitting properly especially if you work at a desk. Take regular breaks to get up and walk around. This is especially important if you are working from home during the outbreak as you may be sitting for much longer periods than usual, also you may not be using a proper office chair and desk. You could speak to your employer to ensure you have the equipment you need. [Our website](#) has more information on work.

Pacing yourself

Many women report that their PGP is worse if they have done more than usual so it can help to work out what your limits are and avoid doing too much. If you have a partner at home during the outbreak they could take on tasks you find difficult. You could ask friends or neighbours for help with shopping if your partner can't do this. Many small shops are starting delivery services which could help and deliveroo are apparently delivering shopping too.

Avoid activities that aggravate PGP

Activities that put uneven stresses on your pelvic can make PGP worse, many women report that vacuuming, mopping floors, pushing shopping trolleys, climbing stairs and carrying small children on one hip are particularly bad for PGP. Going up and down stairs on your bottom may be easier, or going one step at a time.

Remote consultations with manual therapists

Some private therapists are doing consultations online and by phone. However, without hands-on treatment a therapist won't be able to treat any underlying

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

Supported by: Big Lottery Fund, Viewpoint Housing Association, Bagg's Tree Buskers,
Bartlett Taylor Charitable Trust, BT, Good Birth Company, npower and Tech Data UK



Pelvic
Partnership
Supporting you

16 The Cleave, Harwell
Oxfordshire OX11 0EL
01235 820 921

pelvicpartnership.org.uk
contact@pelvicpartnership.org.uk

dysfunction of the pelvis or spot particular areas of muscle weakness or tightness that are causing problems. For these reasons a phone or video consultation is probably most helpful for women with milder PGP symptoms or for women who have already had a hands-on assessment from their therapist.

If you have any other questions or concerns, a further [list of Q&As has been developed for pregnant women and their families](#) has been developed by the Royal College of Obstetricians and Gynaecologists, Royal College of Midwives and Royal College of Paediatrics and Child Health.

Thank you

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.