

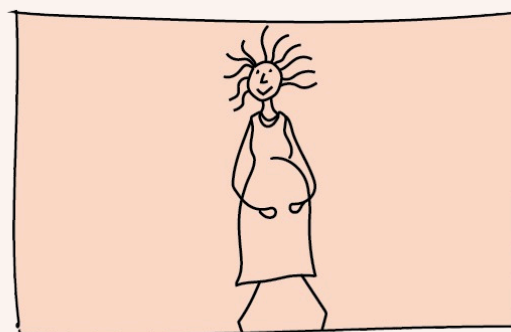
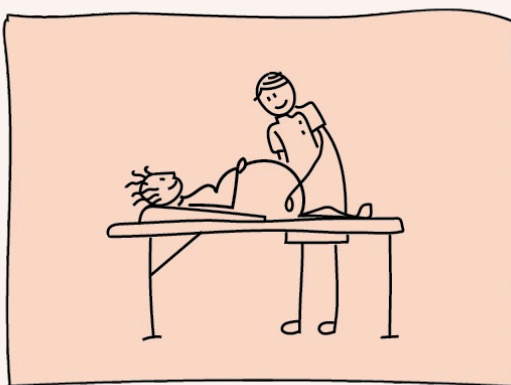
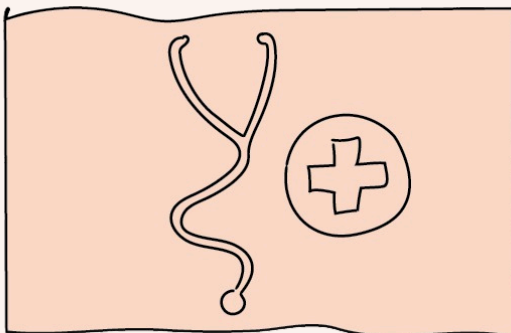
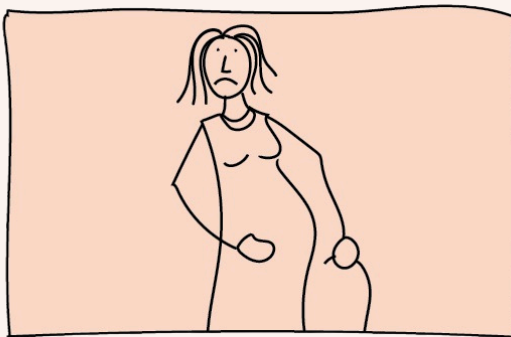
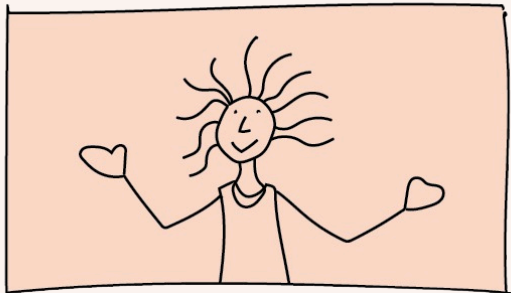
**pelvic girdle pain affects
1 in 5 pregnant women**



**pelvic
partnership**

Pelvic girdle pain can be treated with manual therapy

Early diagnosis and treatment can lead to full resolution or reduction in symptoms during pregnancy



Symptoms:

- pain and stiffness in the pelvic joints
- difficulty walking, climbing stairs and turning over in bed
- pain and dysfunction that can persist for months or years without treatment

Treatment:

- manual therapy treatment of the pelvic joints and soft tissues is safe and effective during and after pregnancy
- early diagnosis and treatment can resolve symptoms during pregnancy

**Free resources and more information
available from The Pelvic Partnership:**

www.pelvicpartnership.org.uk | 01235 820921

contact@pelvicpartnership.org.uk

Charity registered in England no. 110037



All our information and resources are free. Please consider donating so we can continue to provide this service