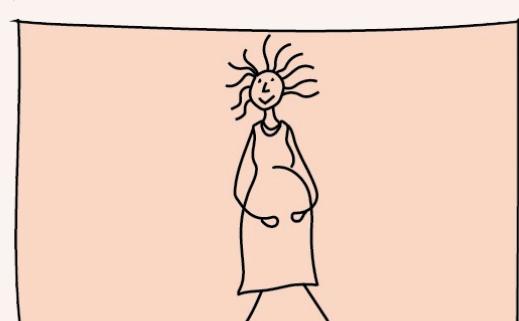
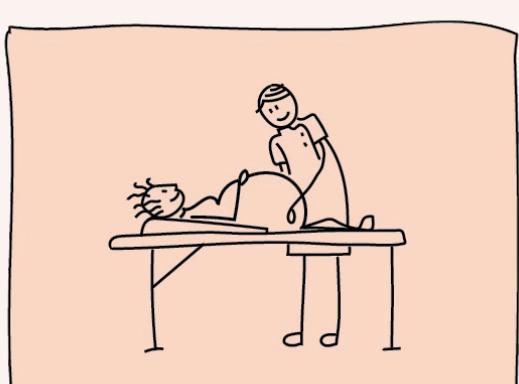
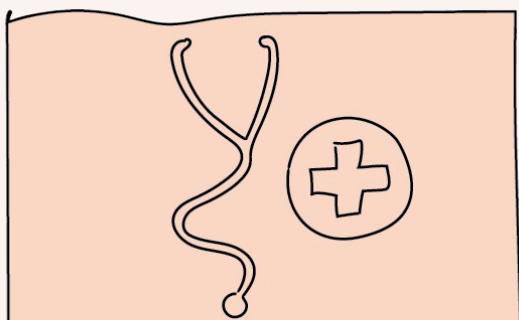
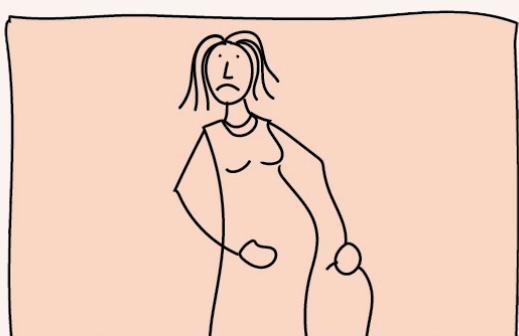
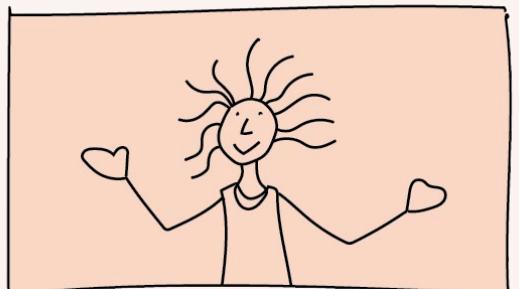




Pelvic girdle pain can be treated with manual therapy

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

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