Treating Back Pain in Pregnancy with Osteopathic Manipulation

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Normal Spinal Curves
Sacral Ligaments
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
Standing Flexion Test - Pelvis Dysfunction
Seated Flexion Test/Sacral Dysfunction
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
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!