

CARING FOR YOUR BACK

(These notes have been compiled by Dr.Papapetros as a service to his patients)

Backache is a very common problem not only during pregnancy but after as well. It has been reported in some studies that backache occurs in up to 48% women who are pregnant and in 15% of women, it is severe. Predisposing factors include hormonal influences, postural changes and latent (unsuspected) defects.

The hormonal changes induced by hormones such as Relaxin and Progesterone, soften all the ligamentary supports in the body, but particularly those of the spine. As the spinal ligaments are softened during pregnancy, for any given movement, the spine arches more than the usual, putting the nerves emerging from the spine, under increasing pressure in a way that they may be “pinched” and therefore cause pain.

Postural changes are also important. As the baby grows and the abdomen pushes forward, the centre of gravity changes in a way that the pregnant woman is forced to arch her back to maintain her balance. This arching of the back can also cause backache in those who have latent or unsuspected defects.

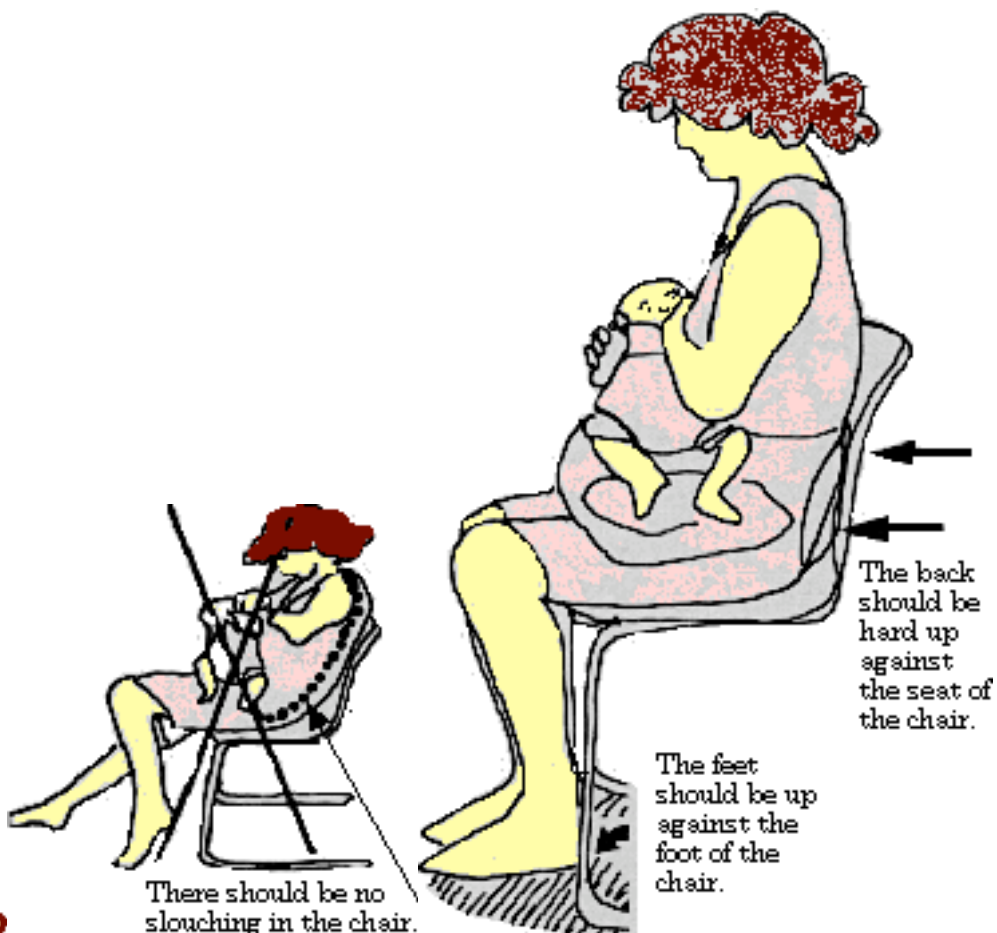
Therefore, constant awareness of one’s posture during pregnancy (and afterwards) is imperative if one is to avoid backache. Avoiding excessive bending and heavy lifting are very important at any time, but especially during and after pregnancy, if one is to avoid backache.

The following pictures are some examples of postures to be avoided and on the whole, self evident.

Carrying a baby in front



Correct & Incorrect ways of sitting in a chair



Correct way of picking up an object and walking



Changing Nappies

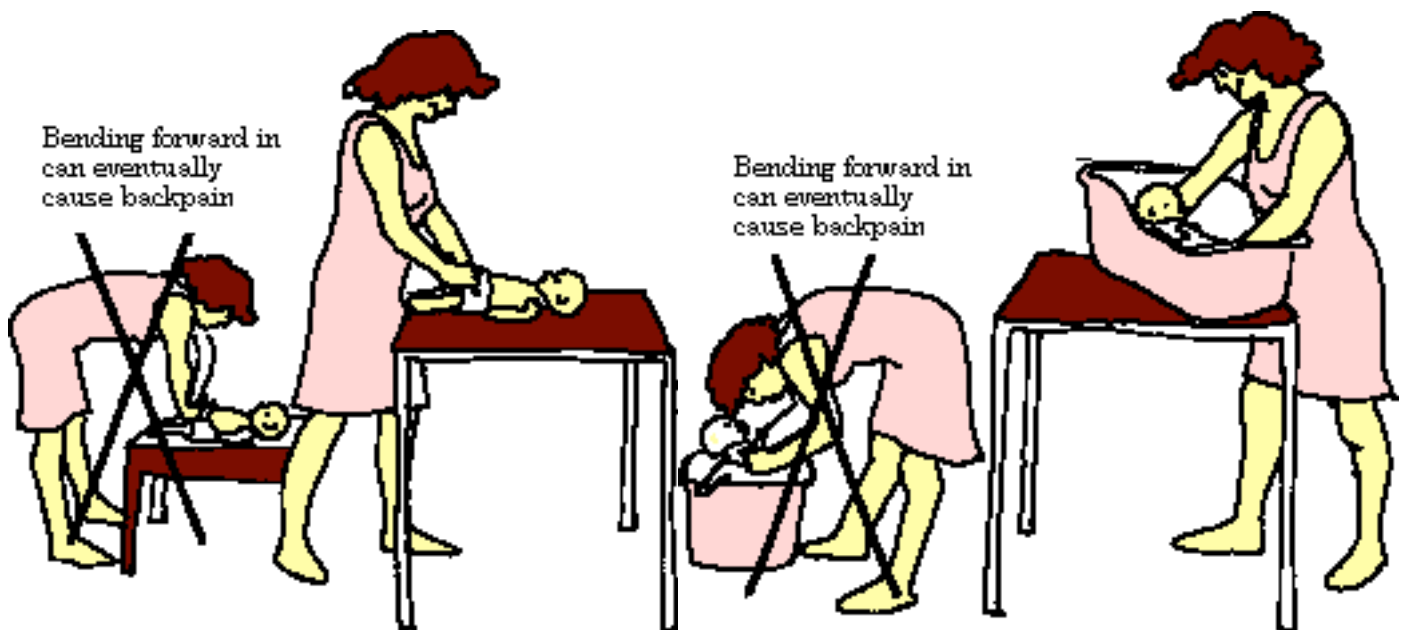
Placing baby into a Capsule

Incorrect

Correct

Incorrect

Correct



Bathing the baby

Correct



Hanging up the Clothes

Incorrect



Correct



Cooking

Incorrect



Correct



Incorrect



Ironing

Correct

