



Non-Obstetric Spine and Musculoskeletal Pain Management During Pregnancy

What is Non-Obstetric Pain?

Pregnancy can bring a flurry of emotions, from excitement to uncertainty and everything in between. For many women, it can also come with the [aches and pains of pregnancy](#) as the body adjusts to the immense growth and changes, often referred to as non-obstetric pain.

At Desert Spine and Sports Physicians, we understand that pregnancy-related spine and musculoskeletal pain can lead to considerable discomfort, but you don't have to simply accept it as part of the process. While some aches are expected during pregnancy, non-obstetric pain is often manageable and treatable. As leaders in Physical Medicine and Rehabilitation (PM&R), we champion non-surgical treatments for handling pain during pregnancy.

What Causes Non-Obstetric Pain During Pregnancy?

During pregnancy, a woman's body undergoes significant changes. Your organs shift, your skin stretches, and your muscles, joints, and ligaments must account for rapid growth. These changes can exacerbate existing conditions or pave the way for new aches and pains. Here's why:

Musculoskeletal Changes

- **Posture Shifts:** As the uterus stretches to accommodate the growing pregnancy, a woman's center of gravity shifts, leading to an increased curve in the lower back and strain on ligaments and back muscles.
- **Weight Gain:** Weight gain during pregnancy can put extra stress on joints, especially in the lower back, hips, and knees.
- **Lax Ligaments:** Pregnancy hormonal changes can relax ligaments, potentially leading to joint instability and pain.

Physiological Changes

- **Fluid Retention:** Hormonal changes can cause increased fluid retention, which can potentially lead to nerve compression and pain, particularly in the hands and feet.

- **Increased Blood Volume:** This can lead to swelling and potential nerve compression, causing pain in the extremities.
- **Expanded Rib Cage:** The rib cage expands to accommodate the growing uterus, which can cause discomfort in the upper back and chest area.

Common Pregnancy-Related Pain

Common ailments we treat for women include:

- **Back Pain:** [Weight gain can affect pain](#) and changes to your [posture can strain back muscles](#) and ligaments.
- **Sacroiliac Joint Pain:** Hormonal changes can loosen ligaments, potentially causing joint instability.
- **Chronic Pain Conditions:** Pre-existing conditions like arthritis or disc herniations may flare up or worsen during pregnancy.
- **Previous Injuries:** Areas of old injuries or weakness may become more problematic as the body adapts to pregnancy.

Enjoy Your Pregnancy with These Pain Relief Options in Arizona

We take a comprehensive, whole-person approach to care for pregnancy-related pain. Our treatments are designed to empower you to maintain a fully functional life during and after pregnancy. At Desert Spine and Sports Physicians, patients will find:

- **Comprehensive Assessments:** Our team conducts thorough evaluations, including [spine and musculoskeletal evaluations](#), joint assessments, and range of motion tests, to accurately diagnose your condition.
- **Innovative, Non-Surgical Treatments:** We focus on non-invasive and minimally invasive techniques to manage pain safely during pregnancy.
- **Personalized Treatment Plans:** We develop a customized plan to effectively address your pain. We offer targeted physical therapy and exercises, ergonomic and supportive devices, and education on lifestyle modifications.
- **Preventive Care:** We share strategies to prevent re-injury and manage conditions throughout pregnancy and beyond.

Interested in exploring [options to relieve pregnancy-related pain](#)? We're committed to helping you navigate pregnancy-related spine and musculoskeletal pain safely and effectively, ensuring you can focus on the joys of this special time in your life.

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