

How To Get Relief With Back Pain In Pregnancy?

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Have you been experiencing back pain during pregnancy? Well, you are not alone. Half of pregnant women worldwide suffer from this symptom at some point in their pregnancy journey. Most pregnancy-related back aches affect the lower region and radiate to the leg and pelvis regions.

For some expectant mothers, back pain is a minor annoyance. However, when you leave it unnoticed, the pain might worsen, disrupting your daily life routines and leading to complications during delivery. Read on to know how you can manage back pain during early pregnancy.

Ways to Relieve Back Pain in Pregnancy

As you are going forward in [pregnancy calculators](#), toward the due date, the growing baby bump might cause back pain. However, there are plenty of home remedies you can do to feel better without taking any medications.

To help you, here we have listed a few effective pregnancy tips to ease back pain.

Engage in Exercise

Regular exercises will improve flexibility and strengthen the muscles in an expectant mother. It will also ease the stress on the spine, relieving back pain. Safe exercises for pregnant women are walking, stationary or low-impact cycling, and swimming.

You can also practice yoga in pregnancy under the supervision of a certified trainer. Consult a physical therapist to know the specific exercise to strengthen your back and abdomen.

Pay Attention to the Posture

Good posture is vital in preventing and alleviating back pain in pregnancy. Hence be mindful of your posture, like implementing intentional movements when standing up or sitting down to feel the difference.

For instance, when you stand up, keep your shoulder back and relaxed, and avoid locking your knees. When you sit, choose an ergonomic chair with good back support or place a cushion to support your lower back region.

Sleep on the Side

While you are sleeping, make sure to lie down on your side, keeping one or both knees in the position. You can also place a pillow between your knees and another one under your belly. Choose a firm, durable mattress that supports your back and allows you to sleep better.

Practice Proper Lifting

When you are pregnant, avoid lifting heavy objects. If you have to lift something, do not bend over from the waist to pick them up. Instead, try to squat down, keep your back straight, and bend your knees to lift things.

Prefer Heat and Cold Packs

Applying hot and cold compresses to the back region might be beneficial in easing the pain. You can use a towel to hold the ice pack as a cold compress. Apply this for 20 minutes a few times a day. After consulting with your doctor, you can switch to a heat pack after three days. But make sure not to apply the heat directly to the abdomen region.

Wrapping Up!

Even while struggling with back pain in pregnancy, you may want to do everything possible to secure your little one's health – making healthy food choices or taking proper medications.

However, have you ever thought about [Stem cell therapy](#) to protect their health even in the future?

Stem cell therapy is a regenerative medicine with potential application in healing various life-threatening diseases, including leukaemia and lymphoma. However, to do this, you require the stem cells of your little one. At Cryoviva, we offer advanced stem cell banking services in India to procure and preserve the baby's precious stem cells, providing access for potential future medical use.

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