



CONTACT YOUR DOCTOR IF YOU HAVE ANY OF THE FOLLOWING, AS THEY MAY BE A SIGN OF A MEDICAL EMERGENCY:

- Fever (100.4°F or higher)
- Burning during urination
- Vaginal bleeding
- Severe pain or pain that lasts more than two weeks
- Consistent, regular contractions



Add your local
information
here!



Pain Assessment and
Management Initiative

CONTACT US

For more information on PAMI
visit:
pami.emergency.med.jax.ufl.edu/

Email: emresearch@jax.ufl.edu
or scan the QR Code



Content adapted from the American College of
Obstetrics and Gynecology- Back pain during pregnancy
<https://www.acog.org/Patients/FAQs/Back-Pain-During-Pregnancy?IsMobileSet=false#contact>

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PREGNANCY AND BACK PAIN



WHAT CAUSES BACK PAIN DURING PREGNANCY?

Pregnancy hormones, strain on your back muscles, and abdominal muscle weakness can cause back pain during pregnancy.

HOW CAN PREGNANCY HORMONES CAUSE BACK PAIN?

To prepare for delivery, a hormone (relaxin) relaxes the joints in your pelvis and allows the joints to become more flexible. If your joints become too flexible, this may cause back pain.

HOW DO BACK MUSCLES BECOME STRAINED DURING PREGNANCY?

As your pregnancy progresses, your uterus becomes heavier. Because of this, your posture naturally changes and bends forward to carry this extra weight. You may find yourself leaning back, making your back muscles work harder, causing pain, soreness and stiffness.

HOW CAN WEAK ABDOMINAL MUSCLES CAUSE BACK PAIN?

Your abdominal muscles help support your back. During pregnancy, your abdominal muscles become stretched and weaken, causing back pain.

HOW DO I PREVENT BACK PAIN DURING PREGNANCY?

- Wear supportive shoes. Avoid high heels.
- Sleep on a firm mattress.
- Sleep on your left side with a pillow between the knees or under your abdomen for support.
- To pick things up, squat down, bend your knees and keep your back straight. Do not bend from the waist.
- Sit in chairs with good back support (or use a small pillow behind your lower back).

WHAT CAN I DO TO HELP EASE BACK PAIN?

- Get regular exercise
- Use an ice pack or heating pad (do NOT place heating pad on your abdomen)
- Use a brace or support device
- Massage therapy
- Physical therapy

ARE THERE MEDICATIONS I CAN TAKE TO HELP RELIEVE MY BACK PAIN?

Acetaminophen (Tylenol) may be a safe option for pain relief during pregnancy. However, talk with your doctor before you start taking any medication to relieve your back pain.