

# CONGRATULATIONS! DID YOU KNOW?

Pregnancy is an exciting time, full of changes! As your body adjusts to support your baby, you will notice some changes in bladder control and your posture. Sometimes, the body has a hard time adjusting.

## BACK, HIP OR PELVIC PAIN IS COMMON DURING PREGNANCY

- 45% of pregnant women suffer from pelvic or low back pain, but only 32% talk about it with their doctors
- Nearly 30% of pregnant women are forced to stop performing at least one daily activity because of low back pain
- The majority of pregnant women with low back pain get better on their own within 3 months of delivery. However, up to 30% of postpartum women have low back or pelvic pain up to 2 years after delivery.

## URINARY INCONTINENCE - ANY INVOLUNTARY LOSS OF URINE THAT OCCURS WHEN A PERSON IS NOT TRYING TO PEE

- Urinary incontinence occurs in 42% of pregnant women and in 34% of postpartum women
- At least 50% of women with urinary incontinence do not report it to their doctors
- 66% of women who attend pelvic floor physical therapy experience resolution of incontinence
- Women who practiced kegels during pregnancy experienced a 47% reduction in urinary incontinence
- In France, pelvic floor physical therapy is standard post-partum treatment and has been since 1985. French women experience less urinary incontinence than American women.

## DO YOU EVER:

- Have pain in your back or pelvis, that keeps you from moving or exercising comfortably?
- Leak urine with coughing, sneezing, laughing, lifting, exercising or jumping?
- Leak urine when you have strong urgency, on the way to the bathroom, or when arriving home?
- When you are peeing, do you have difficulty starting a stream of urine, or strain (push) to empty your bladder?

*If you answered "yes" to any of these questions, do you have to change your lifestyle to manage your symptoms? Does this bother you? If so, talk to your doctor. A pelvic floor physical therapy consultation might be helpful for you!*