

BACKACHE

As your uterus grows, your pelvic bone joints relax, which can also cause pain in your lower back. Comfortable shoes and good posture may help, but exercise may relieve your backache more than anything else. Strong muscles can tolerate more stress without hurting.

Develop a routine of back exercises everyday from the beginning of your pregnancy. There are many good books available about exercising and pregnancy. You may also ask your nurse for an exercise handout.

Toward the end of the pregnancy, some women feel that the baby is pushing on a nerve in their lower back causing discomfort in their lower back. Get on your hands and knees and let the baby's weight fall toward the floor. This will relieve the pressure on your back as the baby shifts, and it may give you a great deal of backache relief.

If your back pain is accompanied by fever, urinary symptoms, or nausea or vomiting, call the office.