

ROUND LIGAMENT PAIN

You may experience sharp pain in either or both groin regions from stretching and spasms of the round ligaments. These cord-like structures originate beneath the groin regions and extend to the top of the uterus on both sides. Round ligament pain may be aggravated by sudden movements like rolling over in bed or walking. Reducing physical activity and the application of warm heat can help round ligament pain, also purchasing a maternity belt may help alleviate some discomfort associated with round ligament pain.

See "**Abdominal Pain**" at the top of this page