


Orthopedic Problems in Pregnancy - What You Should Know?



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During pregnancy, a woman's body experiences many changes. They include both physical and chemical changes. Out of all, orthopedic problems are also common and this is what we will discuss in the post. These problems can occur because of hormonal changes and stress on the body. However, most orthopedic issues occur because of stress on the body.

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Let us see some of the common orthopedic issues that women experience during pregnancy.

Orthopedic Problems During Pregnancy

Lower Back Pain

Over 50% of pregnant women globally experience lower back pain. This occurs because of the awkward distribution of weight throughout the woman's body. This results in rapid muscle fatigue and with time, muscle spasms develop. In

some cases, this is severe. As a result, treating lower back pain during pregnancy could be difficult. After delivery, the problem heals in most cases.

Now, when it comes to managing back pain during pregnancy, having a strong back is a must. For that, one needs to focus on strengthening the back. This could be possible with strengthening exercises during the first and second trimesters of pregnancy. Here, it is advised to seek professional help.

Carpal Tunnel Syndrome

The cause of carpal tunnel syndrome during pregnancy is the retention of fluids. This generally occurs during the third trimester. The condition may become worse if you gain excessive weight during pregnancy. Well, carpal tunnel syndrome is a condition in which the median nerve in the wrist gets pinched. As a result, the person complains of tingling, numbness, and pain in the hand and fingers.

When it comes to improving the condition, ice compression and night splints can be of help. However, cortisone injections may be applied in severe cases.

Plantar Fasciitis (Heel Pain)

The inflammation of the plantar fascia, a thick band of tissues that connects the heel bone to the toe, is known as plantar fasciitis. During pregnancy, this is the commonest cause of heel pain. Stabbing weight is what women experience in the heels and this is because of the rapid weight gain during pregnancy. Plantar fasciitis mostly occurs in the latter stages of pregnancy and the pain felt is often worse in the morning.

Meralgia Paresthetica

Meralgia paresthetica occurs because of the compression of the lateral femoral cutaneous nerve. This nerve supplies sensation in the upper leg. It is an uncommon condition however, it is reported in pregnancy and overweight.

In pregnancy, this condition may arise when the nerve pressurizes because of the growth of the baby. This causes numbness, tingling, or burning sensations in the thigh. In severe cases, the healthcare service provider recommends the application of cortisone injections around the nerve.

Osteitis Pubis

Osteitis pubis is the inflammation of pubic symphysis, the bones at the front pelvis. During pregnancy, inflammation occurs because of the added weight and position of the developing baby. The condition can improve with ice or heat application and prescribed non-steroidal inflammatory drugs (NSAIDs).

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