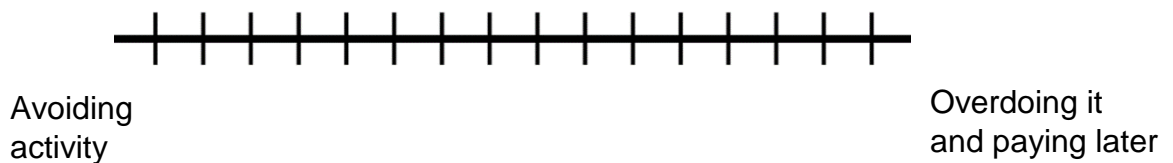


My individual plan following physiotherapy in Pregnancy Group (PIPS) Education Powerpoint

Name:

Date:

How am I currently managing my activity?



We discussed common provoking factors for Pelvic Girdle Pain (PGP). Could I change any of my activities to reduce or prevent PGP symptoms?

<u>Standing</u>	Already Doing	Will Try
Attention to posture		
Perching/Off loading		
Flatter Supportive Shoes		
Risk Assessment at work	Already Done	

<u>Sitting</u>	Already Doing	Will Try
Sitting to put lower garments on		
Getting up & moving frequently		
Correct Sitting Posture		
Correct Position chair/computer		
Not crossing legs	Already Doing	Will Try to Avoid

<u>Sit to stand/turning in bed</u>	Already Doing	Will Try
Squeeze Buttocks		

<u>Lying to stand</u>	Already Doing	Will Try
Roll, legs together, push through arm		

<u>Lifting</u>	Already Doing	Will Try
Reduce Lifting as much as possible		
Good Technique		

<u>Walking</u>	Already Doing	Will Try
Reduce size of stride		
Use pacing techniques		

<u>Pelvic Floor Exercises</u>	Already Doing	Will Try
2-3 times a day sitting/lying		

Useful Websites

1. <https://www.bsuh.nhs.uk/wp-content/uploads/sites/5/2016/09/Female-pelvic-floor-exercises.pdf>
2. <https://www.bsuh.nhs.uk/wp-content/uploads/sites/5/2016/09/Pelvic-girdle-and-low-back-pain-in-pregnancy.pdf>
3. <https://www.bsuh.nhs.uk/wp-content/uploads/sites/5/2016/09/Posture-in-pregnancy.pdf>
4. <http://www.squeezyapp.co.uk/info/index.html>
5. <http://pogp.csp.org.uk/>
6. <http://pogp.csp.org.uk/publications/pregnancy-related-pelvic-girdle-pain-mothers-be-new-mothers>