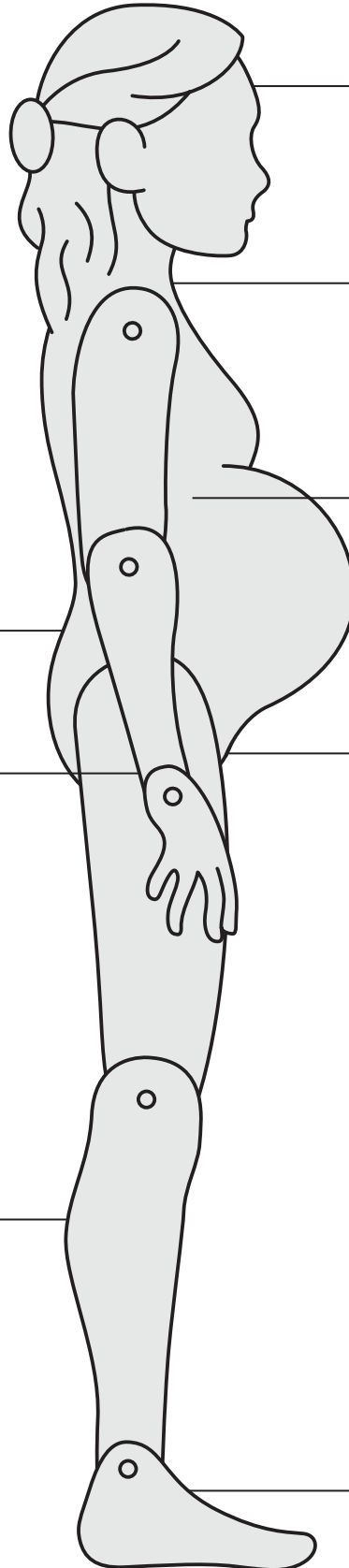


During Pregnancy

As your body changes throughout pregnancy, you may experience pain and discomfort in your body and joints. This is common as your body adapts and makes space for your baby.

This page highlights some of these common issues you may experience while working during your pregnancy as well as some tips for managing them.



HEADACHES, NECK AND SHOULDER TIGHTNESS

⚠️ **Postural tension.**

✅ Check whether your work station is set up appropriately, take note of the chair, desk, and monitor height.

Try to reduce the amount of reaching.

Heat on tight muscles can help relieve tension and pain.

Pregnancy massages can also help release tension.

RIB PAIN

⚠️ **Can be caused by position of the baby in the uterus.**

✅ Pain most likely to subside following child birth.

GROIN AND PUBIS PAIN

⚠️ **Increased relaxin hormone in the body, and more movements in joints.**

✅ SIJ belt or specialised compression shorts fitted by a health practitioner.

FEET PAIN / PLANTAR FASCITIS

⚠️ **Increased weight during pregnancy can increase load on the feet.**

Relaxin hormone can affect the ligaments causing them to stretch, resulting in fallen arches.

✅ Wear comfortable arch supporting shoes. Avoid flats and flip flops.

LOW BACK / SACRO ILIAC JOINT PAIN

⚠️ **Increased relaxin hormone in the body, and more movements in joints.**

✅ Increase lumbar support when sitting at desk.

Use pillows in the evening to support lower back.

WRIST PAIN / CARPAL TUNNEL / DE QUERVAIN / TENOSYNOVITIS

⚠️ **Swelling in the hands during the evening due to increased fluid retention.**

✅ Try using a vertical mouse to take pressure off the wrist carpal tunnel.

CALVES CRAMPING AND SWELLING

⚠️ **Increased fluid retention during pregnancy.**

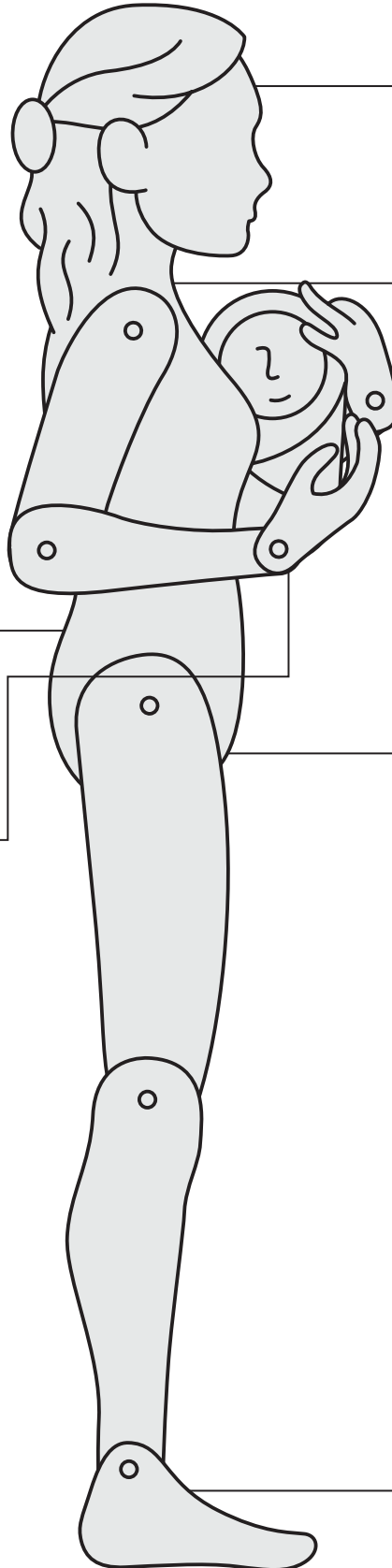
✅ Elevate feet throughout the day using a foot rest.

Apply magnesium cream during the night to help with night cramps.

Following the Birth

Aches and pains are common after pregnancy, as your body recovers from the changes it experienced, as well as new and sometimes uncomfortable postures assumed while caring for your new baby.

This page highlights some of these common issues you may experience when returning to work after your pregnancy as well as some tips for managing them.



HEADACHES, NECK AND SHOULDER TIGHTNESS

- ⚠️ Postural tension resulting from breast feeding and settling baby.
- ✅ Check whether your work station is set up appropriately, take note of the chair, desk, and monitor height.
Try to reduce the amount of reaching.
Heat on tight muscles can help relieve tension and pain.
Use pillows to support arms during feeding.

LOW BACK / SACRO ILIAC JOINT PAIN

- ⚠️ Postural tension from changing nappies and bathing baby, as well as increased relaxin hormone in the body.
- ✅ Increase lumbar support when sitting at desk.
Use pillows in the evening to support lower back.

GROIN AND PUBIS PAIN

- ⚠️ Increased relaxin hormone in the body, and more movements in joints.
- ✅ SIJ belt or specialised compression shorts fitted by a health practitioner.
A chair with a softer seat or a cushion can be used to reduce pressure from pelvis.

WRIST PAIN / CARPAL TUNNEL / DE QUERVAIN / TENOSYNOVITIS

- ⚠️ Swelling in the hands during the evening due to increased fluid retention.
Pain and discomfort in the wrist and hands from carrying baby.
- ✅ Try using a vertical mouse to take pressure off the wrist carpal tunnel.

FEET PAIN / PLANTAR FASCITIS

- ⚠️ Relaxin hormone can affect the ligaments causing them to stretch, resulting in fallen arches.
- ✅ Wear comfortable arch supporting shoes.
Avoid flats and flip flops.