

Discussing back pain

WITH YOUR OB/GYN



50+ *percent*



You're not alone. More than half of women experience back discomfort during their pregnancy. As your baby grows, your body undergoes rapid and complex changes. The increasing weight of your abdomen shifts your posture forward, placing extra strain on your lower back and stretching the core muscles that help support your spine.

At the same time, your body releases hormones like relaxin, which loosen your ligaments and reduce joint stability. This combination puts extra pressure on your spine, pelvis, and lower back, often leading to discomfort, muscle fatigue, or even sharp nerve pain.

It's a normal part of the journey—but that doesn't mean you have to suffer through it.



Common Symptoms of Pregnancy-Related Back Pain

Lower Back Pain

- Dull, constant ache or sharp pain in the lumbar region (lower back)
- Often worse after standing or sitting for long periods
- Commonly felt just above the tailbone

Pelvic Girdle Pain (PGP) / Sacroiliac Joint Pain

- Pain deep in the buttocks, hips, or groin
- May radiate down the thighs or into the legs
- Worsens with walking, climbing stairs, or turning over in bed

Sciatica

- Radiating pain from the lower back down the leg, caused by pressure on the sciatic nerve
- Can include numbness, tingling, or sharp shooting pain
- Usually affects one side of the body


Muscle Tightness or Spasms

- Tension or cramping in the lower back, hips, or upper glutes
- Can be caused by overcompensation for abdominal weight or posture shifts

Difficulty Standing Upright or Walking

- Feeling like the back is “giving out” after long periods of movement or standing
- Sense of instability in the pelvis or lower spine

Postural Strain

- Pain related to a change in center of gravity and forward tilt of the pelvis
 - Slouching or over-arching the back becomes common as belly grows
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5 Things to Discuss with Your OB/GYN

1

Describe the Type and Location of Your Pain

Be specific — is it a dull ache, sharp stab, or radiating pain? Does it affect your lower back, hips, pelvis, or legs? Understanding the nature of your discomfort helps your doctor determine whether it's muscular, joint-related, or nerve-based (like sciatica).

2

Talk About How Pain Affects Your Daily Life

Let your provider know how pain impacts your ability to sleep, walk, work, or care for other children. This gives them a clearer picture of severity and what kinds of support might improve your quality of life.

3

Discuss Safe Movement, Exercise, or Physical Therapy

Ask if gentle stretching, prenatal yoga, or a referral to a pelvic floor physical therapist could help relieve pain and strengthen support muscles without risking injury.

4

Check for Signs That Warrant Further Evaluation

Ask your OB/GYN what symptoms should be taken seriously — like sudden, severe pain, numbness, or changes in mobility — and when you should call for help or come in for an assessment.

5

Ask if a Maternity Back Brace Is Right for You

Bring up the option of a supportive, OB/GYN-designed back brace that can gently lift the belly and reduce strain without affecting the baby. Ask about the **Popple LSO** that is clinically safe and tailored for the second or third trimester.



POPPL*E* LSO

Designed by OB/GYNs and spine physicians to help ease common discomforts such as low back, pelvic girdle, and round ligament pain. Popple encourages better posture and pelvic alignment as the body changes and provides gentle, structured support without restricting natural fetal movement.



Anterior Load Support

Provides a gentle cradle of support without inhibiting pelvic floor activation, supporting the anterior load to assist with normalizing the patient's center of gravity.



Specifically Designed Compression System

Features a new patented TriTrack compression system made for pregnant women to gently support the lower back and pelvis. When applied while lying down with knees bent, it can help maintain a neutral pelvic position, easing pregnancy-related back pain.

POPPLE^{LSO}

Learn more at popple.aspenmp.com/patients



Adaptable Through Pregnancy

Adjustable arms and straps can be lengthened or shortened for optimal comfort, compression, and mobility. After birth, the brace can also be resized to support the body during postpartum recovery.



Customized Level of Support

Panels can be removed for a low-profile belt for highly effective relief in any configuration.



Therapy Pack Compatible

Hot/Cold therapy is an additional modality for symptom management and cold therapy following cesarean recovery (sold separately).

YOU'VE GOT THIS,
mama!



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