

Back Pain

Back pain is a common health problem many women experience in the first year after childbirth. In fact, 44% of women complain of back pain in the first 6 months.

Whether or not it is a new problem, coping with back pain is difficult with all the lifting, carrying and other physical work involved in caring for your baby.

Life will be much easier if you take the time to consider how you perform your daily activities. Remember that maintaining a slow and steady pace is often better than allowing the hustle and bustle of busy motherhood to take over.

Strategies to avoid fatigue and backache

- ✎ Lifting correctly; bend at the knees
- ✎ Standing and sitting correctly; good posture
- ✎ Operating simple chores with a minimum strain
- ✎ Making sure your tables and bench tops are at a comfortable height
- ✎ Relaxation learned in antenatal physiotherapy classes will help you to cope when things get busy
- ✎ Sharing the chores - involving family & friends to lend some practical help and support



If you are experiencing back pain, it may help to talk to your maternal and child health nurse or family doctor. They may be able to offer suggestions about:

- simple stretching exercises
- ways to minimise the impact of all the lifting, carrying and bending you have to do with a new baby.

and

**SUPPORTING
mothers in our
community**

