

INFORMATION FROM YOUR NURSE PRACTITIONER

Round Ligament Discomfort

The discomfort you are feeling is known as round ligament pain. The round ligaments are like rubber bands that keep the uterus in place. As the uterus grows with your growing baby, the round ligaments also grow and stretch. This can cause pain in the upper thighs, groin area, and along the side of your hips. (See shaded areas in the picture below) It feels like a sharp pain or a pulled muscle. Sudden jerking or twisting movements, getting up or lying down, and being tired can cause the pain. Round ligament pain comes and goes within a few minutes.

Prevention

- 1.) Wear low heeled shoes.
- 2.) Stand straight and tall.
- 3.) Stand up and change positions slowly. Avoid sudden twisting and turning movements.
- 4.) When lifting objects, bend from your knees, not at your waist.
- 5.) Get plenty of rest. Take time to lie down during the day.

Useful Remedies

- 1.) Take a warm bath.
- 2.) Place a heating pad or a hot water bottle wrapped in a cloth where you have the pain.
- 3.) Sleep on your side with pillows under your stomach and between your knees.
- 4.) Flexing your knees to your abdomen or pelvic rocking may help.

Call your doctor or nurse practitioner if:

- 1.) The pain continues.
- 2.) You have other questions.
- 3.) If you have any spotting or bleeding.

