

Coping with aches and pains during pregnancy

As your body changes, normal aches and pains during pregnancy can occur, especially in your back, legs and feet. The good news is, there are ways to ease them. We've put together a handy list of coping strategies for you.

- ✧ Avoid lifting heavy objects – someone else can take care of this task.
- ✧ If you have to pick something up, bend your knees and keep your back straight.
- ✧ Try a maternity support pillow for your desk chair or sofa.
- ✧ Wear flat, supportive shoes to evenly distribute your weight.
- ✧ Consider an antenatal yoga class – you'll be shown safe, gentle back stretches.
- ✧ Get a little light exercise, such as a 30-minute walk each day.
- ✧ But get lots of rest too, especially as your due date draws closer.
- ✧ Warm baths can soothe aches and help your muscles relax.
- ✧ Gently bending, stretching and rotating your feet can help prevent leg cramps.
- ✧ Swollen ankles? Staying hydrated and resting with your feet up can help.
- ✧ It's usually ok to take paracetamol in pregnancy for a short time, unless your GP or midwife say not to.
- ✧ For pelvic pain, get help from your GP or midwife – they can refer you to a physiotherapist.