



## FOR IMMEDIATE RELEASE

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### **MEDICAL MINUTE® FROM THE TEXAS BACK INSTITUTE**

#### *Lower back pain during pregnancy*

Lower back pain is a common ailment during pregnancy. In 1926 it was discovered that an ovarian hormone, called Relaxin, naturally loosens joints and ligaments during pregnancy to aid in creating the birth canal. As a result, the ligament laxity (loosening of the ligaments) provokes pain on the sacroiliac joints located on both sides of the lower back. Pregnant women also gain weight and walk with a different gait as a result of the growing baby, which pulls them forward and causes pain in the lower back.

Safe and effective at-home exercises pregnant women can do to alleviate some lower back pain include:

- Walking
- Swimming
- Kegels

In addition to the above exercises, Texas Back Institute's Dr. Darran W. Marlow recommends chiropractic care and massage therapy to help ease lower back pain. Dr. Marlow suggests that women should stay away from NSAID's (ibuprofen, aspirin, naproxyn) during pregnancy and only take pain medications (acetaminophen) under the direction of their OB/GYN.

**About Texas Back Institute**

*Texas Back Institute, one of the largest freestanding multispecialty spine clinics in the United States, was established in 1977 and provides comprehensive medical care for back and neck pain. Texas Back Institute is a back care leader specializing in spinal arthroplasty, minimally invasive spine surgery, degenerative disk disease and spinal deformation. As an academic health care organization, Texas Back Institute has trained hundreds of physicians, scientists and allied health professionals. Its research institution employs state-of-the-art technology and is involved in many clinical trials, including artificial discs. Texas Back Institute’s professional staff includes board-certified spine surgeons, general surgeons, internists, physiatrists, pain specialists, exercise physiologists, and a team of physical and occupational therapists. Texas Back Institute has locations in Dallas, Denton, Fort Worth, Mansfield, McKinney, Plano, Rockwall, Trophy Club and Wichita Falls, Tyler, Odessa, Texas, and Phoenix and Gilbert, Arizona. For more information, visit [www.texasback.com](http://www.texasback.com).*

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