



## Pubic symphysis pain

Has your patient reported pain at their pubic symphysis?  
Are they experiencing pain with weight-bearing activities?

Pubic symphysis dysfunction can occur in women during pregnancy and/or after delivery and can affect their function and have a major impact on their quality of life. Studies have documented pubic symphysis dysfunction as women experiencing mild to severe pain in the pubic region, groin and medial aspect of the thigh. This condition has shown to occur in just over 30% of pregnant women and can be accompanied by sacroiliac, low back and supra-pubic pain. Pain is typically worse with weight-bearing activities, difficulty with walking to the extent that a waddling style gait is adopted<sup>1</sup>.

Studies have further identified that if a woman experiences pubic symphysis pain during her pregnancy, 10-15% of them will have pain up to 2 months post-natal<sup>2</sup>. If pubic symphysis pain occurs along with sacro-iliac pain, as high as 65% of affected women will continue to have pain 2 months post-natally, with 20% of women having persistent pain for longer than 2 years<sup>2</sup>. A study performed by Stuge et al (2004) showed the positive effects of individualised treatment with specific stabilising exercises to manage pubic symphysis dysfunction. For those participants that combined exercise into treatment experienced reduced pain, lower disability scores and higher quality of life<sup>3</sup>. This highlights the importance of these women having active treatment during pregnancy to help reduce their pain, improve their quality of life, and help reduce the occurrence of the pain post-delivery.



At MPFP we will help by

- Providing a thorough physical assessment to identify your patient goals
- Providing manual therapy to help relieve pain
- Education regarding your patient specific pelvic joint instability
- Recommendation regarding useful aids
- Provide your patient with a tailored exercise program addressing any muscle imbalance

<sup>1</sup>Depledge et al (2005). Management of symphytic pubic dysfunction during pregnancy using exercises and pelvic support belts

<sup>2</sup>Albert et al (2001). Prognosis in four syndromes of pregnancy related pelvic pain.

<sup>3</sup>Stuge et al (2004). The efficacy of a treatment program focusing on specific stabilizing exercises for pelvic girdle pain after pregnancy: a two year follow-up of a randomized controlled trial



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