

5. Back Pain In Pregnancy

Back pain in pregnancy affects at least half of all pregnant women.

The Association of Chartered Physiotherapists in Women's Health state in their online publication that:

- lumbar pelvic pain is common in pregnancy with a prevalence ranging from 50-70%,
- with 14-22% of all pregnant women having serious PGP (pelvic girdle pain),
- 5 – 8% having severe pain and disability'.

All other research shows at least 50, if not 70% of pregnant women are suffering from back pain.

Rather than seeing the presence of pain as only a local structural phenomenon, back pain can be viewed in Chinese medicine as one of many symptoms of serious depletion.

Pain in general is seen as result of a loss of adequate circulation of Qi and Blood and can be easily remedied by improving the quantity, quality and circulation of both.

Lower back pain is seen as the most common sign that the Kidney Qi/ Yang /Yin and/or Jing is weakened. In anyone – not just in pregnancy.

In times of depletion - lessened sleep, more work or stress load, or in general ageing, other manifestations of Kidney complex weakness are also likely.

Kidney Qi forms the foundation for the pregnancy, and circulation to the lower back.

If there has been a past accident or local trauma, it is reasonable to expect that the lower back pain may be aggravated with the greater load pregnancy creates on the mother's Kidney energy.

The intended recipient of this information is the prospective dad.

With this nightly 'hands on' intervention he can make the difference by allowing his baby's mother peaceful sleeping, creating a great foundation for the comfortable growth and birth of their family.

Relieving Back Pain in Pregnancy

1) - Using moxa to revitalise is suggested here.

Totally safe when used as directed, and able to easily impart wellness all over again . .

You both must drink water before and after moxa use.

Eat first, as moxa has a very strong effect in the energy that holds digestion together and holds energy and tissues (and babies) and organs in place

– you may feel 'spaced out' if you don't and leave the meal till after the moxa use.

Using moxa as directed allows the Spleen Qi (which you may have met before in some of my other works) to do a far better job.

This is essential to hold all structures (and the pregnancy) hold together as designed.

When using moxa, mum sits forwards, (astride a chair facing its back).

The pelvis as an organic structure opens or shuts depending on the state of tension and posture.

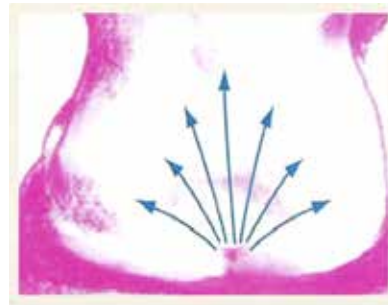
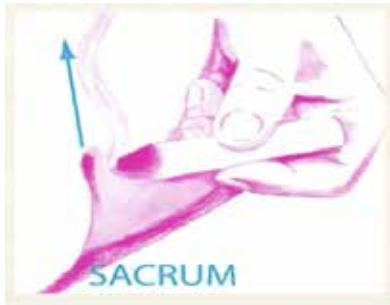
If mum is in this tilted forwards position, the pelvis opens 28% more, allowing an easier labour and birth.

When mum tilts forwards there is more likelihood for the heaviest part of baby (the head) to move/ fall forwards, away from her back and off her nerves, into the more optimal fetal position for birthing.

Off her back.

The focus of this work is the area directly affecting the nerve and blood supply to the pelvis - the sacrum.

A lit pure moxa stick is to be held about 1 - 2 cm away from the skin, moving in an upwards direction and outwards as a sunray pattern, for three to five minutes in total.



This is a safe, cheap and highly effective way to relax mum, allowing better sleep, no pain and easily replicated as often as needed.

Do use the moxa inside the house as it stinks and is pervasive – and highly unpleasant to live with.

Using a smokeless stick, or any other substance or heat wheat pack will not work as this is something the original moxa does to perfection.

Moxa is a herbal treatment.

If it is done before all the massage, it reduces the pain that may be felt.

It also relaxes mum. It is the quick fix.

Far better than continually getting a massage, an adjustment or yet another session with the physio.

It allows the strengthening of the energy that holds the pregnancy in and stable.

It also builds up all aspects of mum allowing the baby to this be far better fed from within, and having a stronger constitution when s/he appears to live independently.

Once the energy is strengthened, and mum is relaxed, there are some other considerations.

Is the energy able to move?

Is mum really rather full of blocked emotions and things she has not said/done and are these getting in the way?

The cause of disease in acupuncture is seen as being a mixture of the invasion of climatic factors that imbalance the body's homeostasis.

The internal factors that we bottle up so very well leading to the body not able to work well, and the miscellaneous things that happen when we are not in balance – catching viruses, having accidents and so on.

Being unbalanced is the sure way to get sick.