

[Music]

Aches and pains are a very normal part as pregnancy progresses through the second and into the third trimester. It's very common to have low back pain and pain in your hips.

The most common ache and pain is the round ligament pain. It's a ligament that wraps from the top of the uterus down into the groin and can cause achiness, sharp protruding pains.

So you may feel that you may have to kind of modify how you walk. Some women may use a little belt. Some women may use pregnancy girdles to kind of help maintain that support and give their joints a little rest.

You can take acetaminophen for this if you want to take the edge off, but in general, most people can tolerate it and it gets better with time.

But we also recommend exercise. Yoga, stretching - those types of exercises that allow you to increase your flexibility can also be very helpful as well too.

So the third trimester, you have lots of aches and pains, but you do want to pay attention to new things like if you had a bad headache or vision changes.

These could all be indicators of more serious problems in pregnancy, and you'd

want to talk to your provider about those.

[End of recording]