

Alderete Chiropractic

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Back & Leg Pain During Pregnancy

During pregnancy, the increasing size and weight of the baby put stress on the spine's three natural curves. As a result, changes in posture occur that can cause pain in your back or legs.

As your baby grows, you carry more and more weight in front of you. This stretches your abdominal muscles. When you stand, the baby pulls down on the thoracic curve (middle back) and forward on the lumbar curve (lower back).

The larger the baby grows, the more exaggerated these curves become. This puts pressure on the joints in the spine. It may also put pressure on nerves, causing pain.

The sciatic nerve, which runs from the lower spine down the legs, can also become irritated, causing pain in your legs. At the same time, joints in the pelvis loosen. This helps prepare you for delivery, but it can also irritate nerves in the spine.

