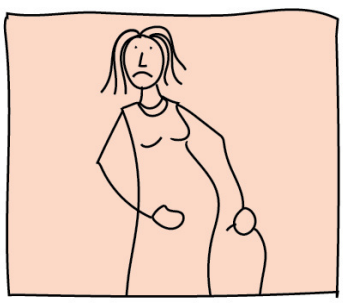
Talking about pelvic girdle pain with your GP or midwife



01

Describe your PGP symptoms

Explain you have done research online and think you have pregnancy-related pelvic girdle pain or (PGP).

Using the suggestions on the next page, describe what the pain feels like and how it is affecting your daily life, including your physical and mental health.

Ask about referrals for manual therapy, mental health services and pain relief

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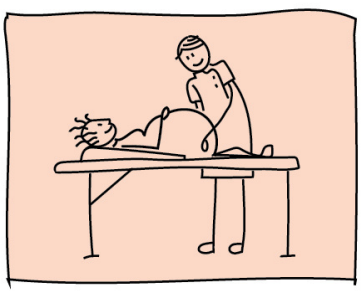

Ask for a referral to to NHS physiotherapy for a one to one in-person appointment including hands-on assessment and manual therapy. Our video explains what to expect from manual therapy.

Ask about pain relief options and
what mental health support services are available.

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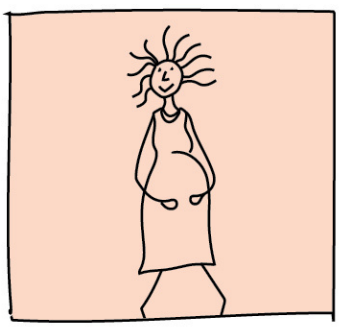

Advocate for yourself

Don't be fobbed off. Your experience matters.

Be persistent. Stress how much pain you are in and how important it is that you see a NHS physiotherapist for an individualised assessment and treatment for your PGP.

You can also talk with your midwife about how PGP could affect your birth plan.

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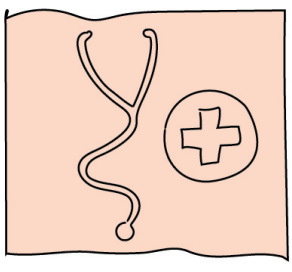

Ask for a second opinion

If your GP or midwife is not being supportive, ask for a second opinion from a different GP or ask to talk to a Consultant Midwife.

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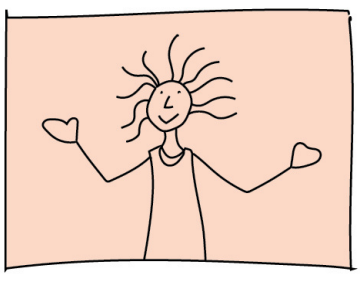

We are here for you

There is lots of information on PGP and its treatment on our website. Get in touch with us on:
- Facebook.com/PelvicPartnership and follow the link to our Facebook support group,
- Instagram.com/thepelvicpartnership and check our Q&A highlights, and
- call our volunteer helpline on 01235 820921.

Please don't be disheartened if your GP or midwife does not have all the answers at your first appointment. Keep asking for the help you need.

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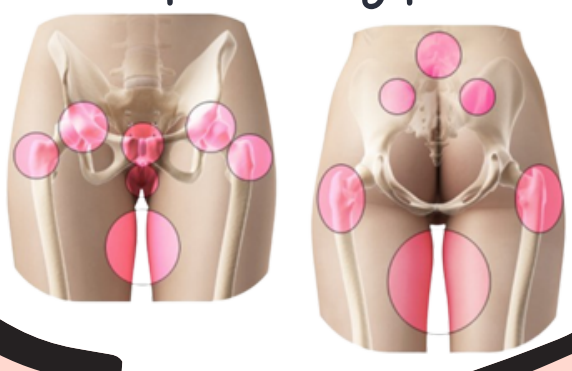
How to explain how PGP affects you

Where are you experiencing pain?



How is it affecting your general mood, mental health and wellbeing?

Is it more of a sharp pain or a deep muscle pain? Can you score it out of 10?

Do you have any pelvic floor issues, such as leaking pee or poo or painful sex?

When did your pain start?

How far can you walk with or without pain?

How active were you before PGP and what can you do now?

What makes your pain worse?

When does the pain feel worse?

Is your pain getting worse?

Describe your experience of PGP here

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