



Fixing You: Back Pain During Pregnancy: Self-treatment for sciatica, back pain, SI Joint or pelvic pain, and advice for abdominal strengthening post partum.

Rick Olderman MSPT

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Changes happen during pregnancy that not only lead to back pain during pregnancy but also afterward. Many of these changes affect the shape of the spine and tilt of the pelvis. Both of these conditions contribute to back pain, sciatica, and pelvic pain during pregnancy. The good news is they are correctable. This information will also help mothers after pregnancy by helping them prevent back pain later. Fixing You: Back Pain During Pregnancy is an easy-to-read book with answers to why back pain happens and the simple answers to fix it. Visit www.FixingYou.net to view video clips of the exercises in this book by entering the code found inside. This helps ensure faster results.

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