



# Relieving Pelvic Pain During and After Pregnancy: How Women Can Heal Chronic Pelvic Instability

*Cecile Röst*

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## **Relieving Pelvic Pain During and After Pregnancy: How Women Can Heal Chronic Pelvic Instability**

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Pregnancy weakens the ligaments that keep the pelvic bones together. If those weakened ligaments become overloaded or injured, it results in pelvic instability — pain around the joints that can be brief or last for years after the birth. In 1996, Cecile Röst, who suffered from this condition herself, devised a treatment program that is simple, home based, and proven to work. Her book, with over 100 illustrations and detailed testimonials, is divided into two parts. The first part shows simple exercises for symmetry and stabilization, and the proper way to lie, sit, and get out of a car in order to prevent pelvic instability during pregnancy. Patients can practice these exercises and positions with or without a care provider's help. Part two, aimed at care providers, shows the results of a survey carried out among 200 women suffering from pelvic complaints. Here the author also presents a theoretical treatise of pelvic pain, the protocol of the first consult, and the contents of the therapy, including a sports program.

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