

## **Orthological/Neurological Pain**

### **Acupuncture Relieves Pelvic Pain During Pregnancy**

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A 2005 Swedish research study found that acupuncture, along with strengthening exercises, help relieve pain in the pelvic girdle for pregnant women and are effective treatment options.

There is currently no cure for pregnancy-related pelvic pain, a common problem for women worldwide.

The Swedish study included 386 pregnant women divided randomly into three groups. One received standard treatment (a pelvic belt and home exercise program), one received standard treatment plus acupuncture, and the third group received standard treatment plus stabilizing exercises to improve pelvic mobility and strength.

Following treatment, both the acupuncture group and stabilizing exercise group recorded lower pain levels than the standard group during morning and evening reporting sessions. An independent examiner that those in the acupuncture group reported the greatest reduction in pelvic girdle pain.

**Source:** [www.BMJ.com](http://www.BMJ.com)