

# Advice For New Mothers Suffering From Bad Backs

By [Dr. Jay Adlersberg](#)

(New York-WABC, March 27, 2004) — One of our most common and ordinary health problems is back pain. We're all susceptible to it. But new moms might have a particularly hard time keeping it at bay. Dr. Jay Adlersberg explains.

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Back pain is a problem for about half of all women when they're pregnant. It usually goes away once the baby is born. But unfortunately, there is a good chance it will come back in time unless moms work to prevent it.

Kayti Lathrop has three children under age five and that means her back gets a pretty good workout from carrying and lifting constantly. It's meant pretty bad back pain, which actually laid her out flat for six days at one point. Dr. Andrew Casden says the problem is common and usually a muscle problem.

Dr. Andrew Casden, Beth Israel Medical Center: "Their abdominal muscles have been stretched out. They haven't gotten back in shape because they've been busy and that's a situation that sets itself up for lower back pain."

Kayti is on a mission to strengthen her abdominal and back muscles and yoga is one of the exercise forms she uses.

For new moms, getting those muscles back in shapes can prevent injury.

Dr. Casden: "There is evidence that some of the hormones associated with pregnancy will loosen up the ligament of the back and that can also contribute to the onset of back pain."

Not to mention the lifting... and lifting.

Kayti now uses a support pillow during breast-feeding because that supports her upper back. She bends at the knees and not at the waist. And when picking up a baby, keep it close and do not stretch out the arms.

Dr. Casden: "Be careful, be aware, and try to get in shape quickly and that would be the best preventive medicine you can do."

It's impossible for moms to not put extra strain on their back. The best defense is to be in shape, to follow the simple rules of good lifting and to be aware of what they're doing. Kayti told us how absolutely awful it was to be bedridden with back pain for days while trying to take care of three kids. Her husband had to leave his work to take over the house.