



## Low Back and Pelvic Pain in Pregnancy

### Shared Medical Appointment

If you're pregnant and experiencing low back or pelvic pain, you're not alone. In fact, up to 80 percent of pregnant women experience such pain – and 85 percent of those who've had low back pain during pregnancy before will have it reoccur during their next pregnancy. Yet, 85 percent of women do not seek treatment.

While this pain has almost come to be expected during pregnancy, you don't have to suffer. There is help through Cleveland Clinic's Low Back and Pelvic Pain in Pregnancy Shared Medical Appointment.

#### **WHAT IS A SHARED MEDICAL APPOINTMENT?**

Shared Medical Appointments are an innovative approach to healthcare, bringing patients and healthcare providers together with their spouse/significant other in a group setting.

During a shared appointment, patients with common medical issues, such as pregnant women struggling with low back and/or pelvic pain, meet with a healthcare provider for an extended visit (typically about two hours) in a physical therapy suite and have their questions and concerns addressed.

#### **HOW CAN I BENEFIT?**

This unique shared medical appointment offers effective care with the benefit of more time with a healthcare professional, less time spent in the waiting room, and the ability to learn from others with the same or similar conditions.

During pregnancy, a hormone called relaxin loosens ligaments, allowing more laxity between your spine and pelvis. This combined with the increasing weight of the baby increases mechanical stress on your bones and joints making back pain more likely.

## HOW DOES THIS SHARED MEDICAL APPOINTMENT WORK?

Our staff will help reduce this pain by:

- Individually evaluating you for more serious causes of low back and pelvic pain
- Discussing the causes of pain
- Teaching your spouse or partner gentle, safe and effective osteopathic manipulation techniques, including those focused on the spine and pelvis. These hands-on practices use stretching, gentle pressure and resistance to improve pain.

## IS IT EFFECTIVE?

Yes, these techniques have been specifically designed and tested to help relieve low back and pelvic pain in pregnant women. Because their relief typically lasts for about two weeks, your spouse or partner can help you get more complete relief by learning how to perform them at home.

Not only are they easy to perform, but pregnant women have reported their pain reduced with these simple techniques.

## WILL MY INSURANCE PAY FOR THIS?

Yes. Insurance covers SMAs the same as typical office visits. There is no extra charge for the extended appointment time.

Each session will allow up to six couples to be seen to discuss low back and/or pelvic pain. Sometimes, only one session is needed.

## OUR TEAM

### Fredrick Wilson, DO

Osteopathic Medical Specialist, Center for Spine Health

- More than 10 years of experience treating 600+ pregnant patients for back/pelvic pain
- Board-certified by in osteopathic manipulation by the American Osteopathic Board of Neuromusculoskeletal Medicine

### Barb Domsic, PT

Physical therapist specializing in helping patients with acute and chronic pain



## LOCATION

Solon Family Health Center  
29800 Bainbridge Road  
Solon, OH 44139

## WHEN:

2nd Saturday morning of  
every month | 9-11 a.m.

Think our Low Back and Pelvic Pain in  
Pregnancy Shared Medical Appointment  
might be right for you? Call 216.636.5860  
to schedule your appointment today.