



Innovative Women's HealthCare Solutions  
Patient *centered*. Patient *driven*. Patient *empowered*.

“Let talk about.....”

### Round Ligament Pain

**What is it?** Your body changes during pregnancy to make room for the growing baby. The uterus (womb) get bigger as your baby grows. Round ligaments (lih-guh-ments) are found on each side of the uterus. These ligaments hook the uterus to the inside of the abdomen (belly) and hold the uterus in place. The round ligaments are pulled and stretched as the uterus get bigger. This may cause pain which is called round ligament pain will not hurt the baby.

**Causes:** Round ligament pain is caused by the stretching of round ligaments during pregnancy. There is nothing you can do to keep from getting this pain while pregnant.

**Signs and Symptoms:** You may have pain on one side or both sides of you lower abdomen (belly)

**Care:** It may help to rest on the side of you abdomen that has the pain. Standing and walking straight may keep the round ligaments from being stretched too much. Squatting or bringing you knees to your chest may help the cramping.

#### **Care Agreement:**

Discuss your treatment options with you caregivers. You can work with them to decide with medicine and care will used to treat your round ligament pain. You always have the right to refuse treatment