

# **Round Ligament Pain**

## What is the round ligament?

The round ligaments attach on either side of the uterus just below the area where the fallopian tubes enter the uterus. These ligaments are made of smooth muscle that stretches as the uterus grows during pregnancy. This can cause pain and discomfort in the lower abdomen or side that will often move downward toward the groin.

## How do I prevent round ligament pain?

- Avoid sudden jerking or twisting motions that cause strain on the ligaments
- Slowly turn over in bed
- Rise slowly from a chair or bed
- Always support the uterus with pillows under it when laying on your side
- Always sleep on your side with a pillow between your knees to avoid twisting your back and putting strain on the ligaments

## Relief measures for pain:

- Flex you knees up onto your abdomen to relieve the stretching
- Warm baths may relieve the spasm
- Heating pad to the area (keep on low and use for no more than 20 minutes at a time)
- Tylenol is safe in pregnancy and may be taken every 4 hours