


**MYTH BUST
NUMBER 7**



**"I STOPPED BREASTFEEDING.
I HEARD THAT IT MAKES
PELVIC PAIN WORSE
AND LAST LONGER."**

**NOT TRUE! BREASTFEEDING OR PUMPING DOES NOT AFFECT
PELVIC GIRDLE PAIN – IT HAS OTHER CAUSES WHICH CAN
BE MANAGED**

Pregnant or up to one year after birth? If you are having pelvic health issues, you don't have to *just live with it*. Whether your symptoms can be managed at home (using online self-help tools) or you need specialist treatment, tailored advice and care is available to you. Simply visit letsgetbetter.online/pelvichealth, scan the QR code or speak to your midwife or healthcare professional.

