

**Medical Edge from Mayo Clinic**

**Back Pain & Pregnancy**

1:00

<b>Log</b>	<b>Audio</b>
<b>Intro with music</b>	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC MEDICAL EDGE.
	BACK PAIN. WHEN IT COMES TO PREGNANCY, IT'S PRETTY MUCH PART OF THE PACKAGE. AND WITH GOOD REASON. A WOMAN'S BODY CHANGES A LOT. MOST NOTICABLY THE GROWING ABDOMEN, WHICH CHANGES HER WHOLE CENTER OF GRAVITY.
<b>Kyle Traynor, M.D.</b> <b>Track 1 (1:35)</b>	"IF YOU CAN IMAGINE WALKING AROUND LEANING BACK AND TRYING TO COUNTER-ACT THAT THROUGHOUT THE DAY... IT LEADS TO A LOT OF STRESS ON THE LOWER BACK. "
	MAYO CLINIC DR. KYLE TRAYNOR SAYS AS THE FETUS ENLARGES

	<p>IT'S ALSO PUSHING DOWN ON THE MUSCLES OF THE BACK AND PELVIS. UNFORTUNATELY, A COMMON TREATMENT FOR BACK PAIN - NON-STEROIDAL ANTI-INFLAMMATORY DRUGS, SUCH AS IBUPROFEN – ARE REALLY OFF LIMITS DURING PREGNANCY.</p>
<p><b>Dr. Traynor</b> <b>Track 1 (2:25)</b></p>	<p>“SO THEN YOU’RE LEFT WITH THINGS LIKE TYLENOL, POSTURAL CHANGES, MASSAGE AND LOCAL HEAT APPLICATION, THAT CAN BE USED. ”</p>
	<p>DR. TRAYNOR SAYS TO TRY THINGS LIKE SITTING WITH A PILLOW BEHIND YOUR BACK. AND DON’T UNDERESTIMATE YOUR NEED FOR REST.</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT <a href="http://MAYOCLINIC.ORG">MAYOCLINIC.ORG</a>. I’M VIVIEN WILLIAMS.</p>