

Peripartum Onset of
MUSCULOSKELETAL* PELVIC PAIN
(1st trimester to 6 months postpartum)

Exclude

Rupture of Symphysis Pubis
Bone / Joint Infections (osteomyelitis, tuberculosis, syphilis)
Bone tumours (primary / metastatic)
Lower Back Pain syndromes

MEDICAL HISTORY

Weight loss,
Previous malignancies,
Immunosuppression state,
previous Trauma
Fever / feeling systemically unwell
thorough Pain history

CLINICAL EXAMINATION

(±) Focal inflammation signs
(-) Neurological signs
Gait – Posture – Pelvic tilt
Pain referral maps
(+) around symphysis pubis / sacroiliac joints / gluteal regions
Pain provocation tests
(-) SLR, Slump, Crams, Femoralis nerve test
(+) P4, FABER, Gaenslen, LDL, ASLR, modified Trendelenburg
Manual Distraction / Compression of Iliac blades
Clicking – Grinding sensation

IMAGING

MRI scan
AP pelvis – Inlet / Outlet
Flamingo views
(-) sequestration of bone
(±) rarefaction of bone
pubic symphysis gap or step

LABORATORY TESTS

Blood Tests
Urine analysis

GUIDED LOCAL ANESTHETIC INJECTION

Noticeable pain-free
Provocation tests

* MUSCULOSKELETAL Pelvic Pain: Urological, Gynaecological, Gastrointestinal, Pelvic Visceral or Vascular pathologies, Obstetric complications have been excluded.