Round ligament pain is most common during the second trimester. Women may have a sharp pain in their abdomen or hip area that is either on one side or both. Some women even report pain which extends into the groin area. Round ligament pain is considered a normal part of pregnancy, as your body goes through many different changes.

What causes round ligament pain?
The round ligament supports the uterus and stretches during pregnancy. It connects the front portion of the uterus to the groin. These ligaments contract and relax like muscles, but much more slowly. Any movement (including going from a sitting position to standing position quickly, laughing, or coughing) that stretches these ligaments, by making the ligaments contract quickly, can cause a woman to experience pain. Round ligament pain should only last for a few seconds.

What can be done to alleviate round ligament pain?
Rest is one of the best ways to help with this kind of pain. Changing positions slowly allows the ligaments to stretch more gradually and can help alleviate any pain. If you know you are going to sneeze, cough or laugh you can bend and flex your hips, which can reduce the pull on the ligaments. If you are having consistent round ligament pain, your health care provider may recommend daily stretching exercises. The most common exercise is done by placing your hands and knees on the floor, lowering your head to the floor, and keeping your bottom in the air.
**When should I call my health care provider?**

If the pain persists after resting, or is accompanied by severe pain, you should notify your health care provider. If the pain lasts for more than a few minutes, you should contact your health care provider immediately. You should also notify your health care provider if the pain is accompanied by any bleeding, cramping, fever, chills, nausea, vomiting, or change in vaginal discharge.

For more information, visit
American Pregnancy.org