



Home TREATMENT FOR UTERUS PAIN IN EARLY PREGNANCY



Increase the intake of fiber-rich foods and water to prevent gas and constipation.

Use a heating pad or take a warm bath to relax.



Use supportive pillows while sleeping and switch positions as per your comfort.

Practice pregnancy-safe exercises under expert guidance.



Massage the painful area gently.

Keep your knees slightly towards your chest when lying down. This helps take the pressure off your uterus.

