



Pregnancy 'Lightning Crotch' Symptom Underreported, Experts Say

Description

Pregnancy can bring many surprising feelings, like swelling in the feet. One strange feeling is called "lightning crotch." This term describes a sharp pain in the pelvic area. It happens when a baby pushes on nerves in the cervix and pelvis.

Dr. Sonya Brar, a doctor who helps pregnant women, explains that it can feel like a quick electric shock. This feeling comes and goes very fast. It is more common in the last few months of pregnancy when the baby grows bigger and moves more.

The pain can happen when the baby kicks or shifts positions. Not all pregnant people feel this, but many do during the last trimester. This symptom is normal and not dangerous.

If you feel lightning crotch, it is okay. If you feel other things like cramps or bleeding, you should see a doctor. There are ways to help reduce the pain, like resting or using a support band around your belly. This feeling will not last long, and it is common during pregnancy.

Vocabulary List:

1. **pregnancy** //ˈpregnənsi// (noun): time when a woman has a baby inside her
2. **swelling** //ˈswɛlɪŋ// (noun): part of the body becomes larger and softer
3. **pelvic** //ˈpɛlvɪk// (adjective): related to the lower stomach and hip bones
4. **cervix** //ˈsɜːvɪks// (noun): lower part of the womb near the vagina
5. **trimester** //traɪˈmɛstər// (noun): one of three parts of a pregnancy
6. **symptom** //ˈsɪmptəm// (noun): a sign that shows someone may be sick

Comprehension Questions

Multiple Choice

1. What is 'lightning crotch'?
Option: A type of swelling
Option: A sharp pain in the pelvic area
Option: A common pregnancy symptom



Option: Both B and C

2. Who explains the feeling of 'lightning crotch'?

Option: An obstetrician

Option: Dr. Sonya Brar

Option: A midwife

Option: A nurse

3. When is 'lightning crotch' most common?

Option: First trimester

Option: Second trimester

Option: Last few months of pregnancy

Option: At birth

4. What can cause 'lightning crotch'?

Option: Baby pushing on nerves

Option: Hormonal changes

Option: Fatigue

Option: Cramping

5. Which of the following is a symptom to watch out for?

Option: Cramps

Option: Bleeding

Option: Both A and B

Option: None of the above

6. What can help reduce the pain of 'lightning crotch'?

Option: Resting

Option: Going for a walk

Option: Taking painkillers

Option: Using hot compresses

True-False

7. Lightning crotch is a dangerous symptom during pregnancy.

8. The pain from lightning crotch feels like an electric shock.



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9. Most pregnant people experience lightning crotch during the first trimester.
 10. It is recommended to see a doctor if you feel lightning crotch.
 11. There are methods to help alleviate lightning crotch pain.
 12. Lightning crotch only happens when the baby kicks.

Gap-Fill

13. Lightning crotch is described as a sharp pain in the _____ area.
14. The feeling of lightning crotch comes and goes very _____ fast.
15. Not all pregnant people feel this symptom, but _____ do during the last trimester.
16. If you feel cramps or _____, you should see a doctor.
17. The feeling of lightning crotch will not last _____ and is common during pregnancy.
18. There are ways to help reduce the pain, like resting or using a support _____ around your belly.

Answer

Multiple Choice: 1. Both B and C 2. Dr. Sonya Brar 3. Last few months of pregnancy 4. Baby pushing on nerves 5. Both A and B 6. Resting

True-False: 7. False 8. True 9. False 10. False 11. True 12. False

Gap-Fill: 13. pelvic 14. quickly 15. many 16. bleeding 17. long 18. band

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