

# ***RehabWORKS!***

A Review of Evidence Based Rehabilitation for Common Musculoskeletal Injuries or Conditions

## **Pregnancy Related Back Pain**

### **Problem:**

Many women experience back or pelvic pain during pregnancy. This pain generally increases as pregnancy advances and it interferes with daily activities (like carrying, cleaning, sitting, and walking), can prevent women from going to work and sometimes disturbs sleep.

### **Evidence Based Treatments:**

- A Cochrane Review published in 2007 found that muscle strengthening, aerobic exercise, or a combination of both was effective for reducing pain and improving physical function.<sup>1</sup> This review included 8 studies (1305 patients) what examined the effects of adding various pregnancy-specific exercises, acupuncture and pillows to usual prenatal care.
  - Strengthening and stretching exercises that target the abdominal, lumbar and pelvic muscles as well as aquatic exercises are better than usual prenatal care.
  - Acupuncture was found to be an effective modality for pain relief.
  - The Ozzio pillow was more effective than a normal pillow for relieving pain.

**Who to Refer:** Patients with pregnancy related back or pelvic pain.

**How to Refer:** Fax us the patient's contact info and a PT order to 435-753-7305, or call us at 435-753-1556, and we'll take care of everything.

1. Pennick V, Young G. Interventions for preventing and treating pelvic and back pain in pregnancy. Cochrane Database of Systematic Reviews 2007, Issue 2. Art. No.: CD001139. DOI: 10.1002/14651858.CD001139.pub2

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