

Effectiveness of Hypopressive Exercises Versus Swiss Ball Exercises on Postnatal Mothers with Low Back Pain

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Abstract

Introduction: Low Back Pain (LBP) is considered the most salient feature during the postpartum period. The incidence of postpartum symptoms, particularly back pain, varies from woman to woman, with symptoms vanishing in over 60% of women two days postpartum and as high as 82% at 18 months.

Aim of The Study: The study aims to find the effectiveness of Hypopressive and Swiss Ball exercises on postnatal mothers with Low Back Pain.

Methods: 14 mothers clinically pre-diagnosed with Low back pain were included in the study. Subjects were randomly allocated. 14 mothers (between the age group of 25 – 35 years) were selected and divided into 2 groups with informed consent; the protocol was explained to the subject. The experimental group (n=7) was given Hypopressive exercises for 3 sessions per week for 4 weeks. This session lasted 30 to 40 minutes, and the control group (n=7) was given Swiss ball exercises to perform for 3 sessions per week for 4 weeks.

Results: The study shows a significant value (p-value) for the Experimental Group & Control Group $P < 0.0001$. The mean value of the outcome measure VAS shows that Hypopressive exercises (experimental group = 2.66) are more effective than Swiss ball exercises (control group = 2.09). The mean value of the outcome measure ODI shows that Hypopressive exercises (intervention A = 4.67) are more effective than Swiss ball exercises (control group = 3.66).

Conclusion: This study concluded that both groups showed significant improvement, but group A (Hypopressive exercise) is more effective than group B (Swiss ball exercise)