

Quest on Evidence-Based Effects of Physiotherapeutic Interventions During Antenatal Low Back Pain

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Abstract

Introduction: a pregnant mother's quality of life may be greatly affected by low back pain (LBP), which is typified by pain between the 12th rib and the gluteal fold. LBP is frequent during pregnancy. In addition to discomfort, women with LBP frequently experience sleep disturbances, trouble going about their regular lives, substantial work absenteeism, and lingering postpartum symptoms. Over the past ten years, several authors have looked at the data supporting a wide range of therapies to treat LBP associated with pregnancy.

Methods: studies of women with low back pain during antenatal, studies comparing exercise with no active treatment. Systematic reviews and randomized control trials of humans published in English were included. Analysed the last 10 years articles in electronic search were conducted in MEDLINE (via Pubmed) Google Scholar, along with references searching for articles published in English. It is an explorative qualitative analysis approach towards various exercise methods, protocols, and antenatal low back pain guidelines. The mesh terms included in the search were pregnancy, low back pain, exercises, and physical activity.

Results: Evidence shows that therapeutic exercises may have physical and psychological benefits in the effectiveness of different types of exercises in treating mothers with low back pain and women's quality of life.

Conclusion: the reviewed articles suggest that abdominal exercise programs are generally effective in treating antenatal low back pain at various periods.