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Pelvic Girdle Pain And Pregnancy



Women with pelvic girdle pain have often sought treatment during pregnancy in the past with mixed results. Until recently, there has been minimal data to support the use of therapy as an intervention. Some studies have cited benefits such as reduction of sick leave without sound controlled trials to support these findings. The push for evidenced-based medicine has produced the following quality studies which show a physical therapist directed program specific to stabilization has significant merit.

To Treat Or Not To Treat Postpartum Pelvic Girdle Pain With Stabilizing Exercise

This article compares the before mentioned controlled trial with another, and shows contradictory evidence as to significant benefits of specific stabilizing exercises. It was found that the second study however individualized, was instructed via videotape, whereas the study by Stuge used skilled physical therapists to supervise, correct and individualize stabilization exercises. This comparison indicates that effective treatment of postpartum pelvic girdle pain may be achieved when the program is individually guided and adapted by a physical therapist to each individual.

The Efficacy Of A Treatment Program Focusing On Specific Stabilizing Exercises For Pelvic Girdle Pain After Pregnancy: A Randomized Controlled Trial

This study focuses on the importance of activation of muscles for motor control and stability of the lumbopelvic region, and compares it to an individualized program without specific stabilizing exercises. After intervention and at a 1 year follow up, the specific stabilizing exercise group showed statistically and clinically significant lower pain, lowered disability by

50%, and higher quality of life compared to the control group.

Stuge B et al., The efficacy of a treatment program focusing on specific stabilizing exercises for pelvic girdle pain after pregnancy: a randomized controlled trial. *Spine*. 2004 Feb 15;29(4):351-9



Mens et al. Diagonal trunk muscle exercises in peripartum pelvic pain: a randomized controlled clinical trial. *Phys. Ther* 2000;80(12):1164-73

Stuge et al., To treat or not to treat postpartum pelvic girdle pain with stabilizing exercises. *Manual Therapy*. 2006 Nov;11(4):337-43.