

TREATMENT OF LOWER BACK PAIN DURING THE PERIOD OF PREGNANCY

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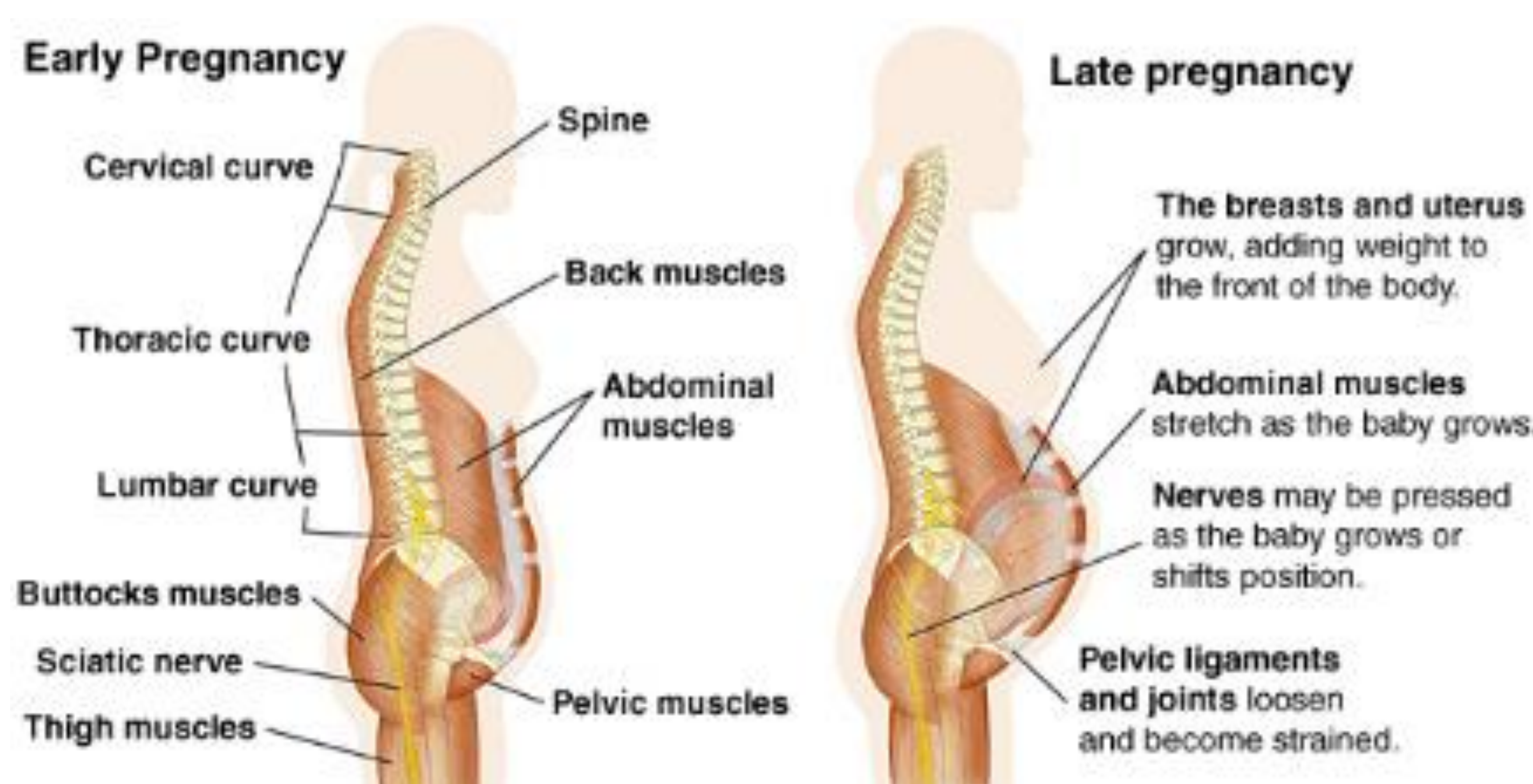
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Introduction:

Back pain is a common problem in pregnant women and it normally occurs later in pregnancy as the baby grows.

Pain typically happens where the pelvis meets the spine, at the sacroiliac joint. Discomfort in this region may also be caused due to changes in the posterior pelvic region and stretching of the intrapelvic structures.

The type of prenatal back pain and the intensity can vary from one woman to another and women who experience this problem during their first pregnancy will be pre-disposed to back pain during future pregnancies.

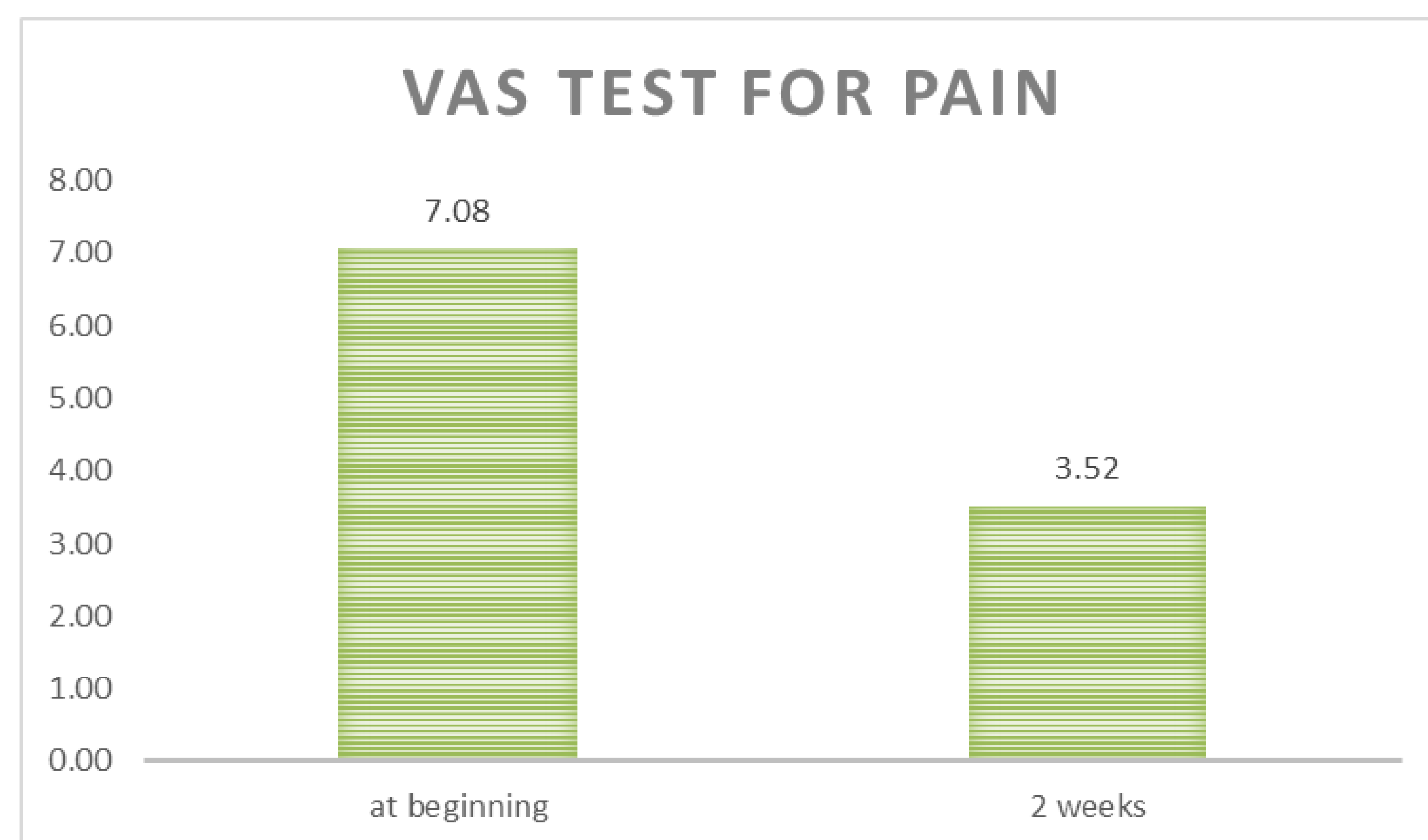


1. Forces on the spine during pregnancy

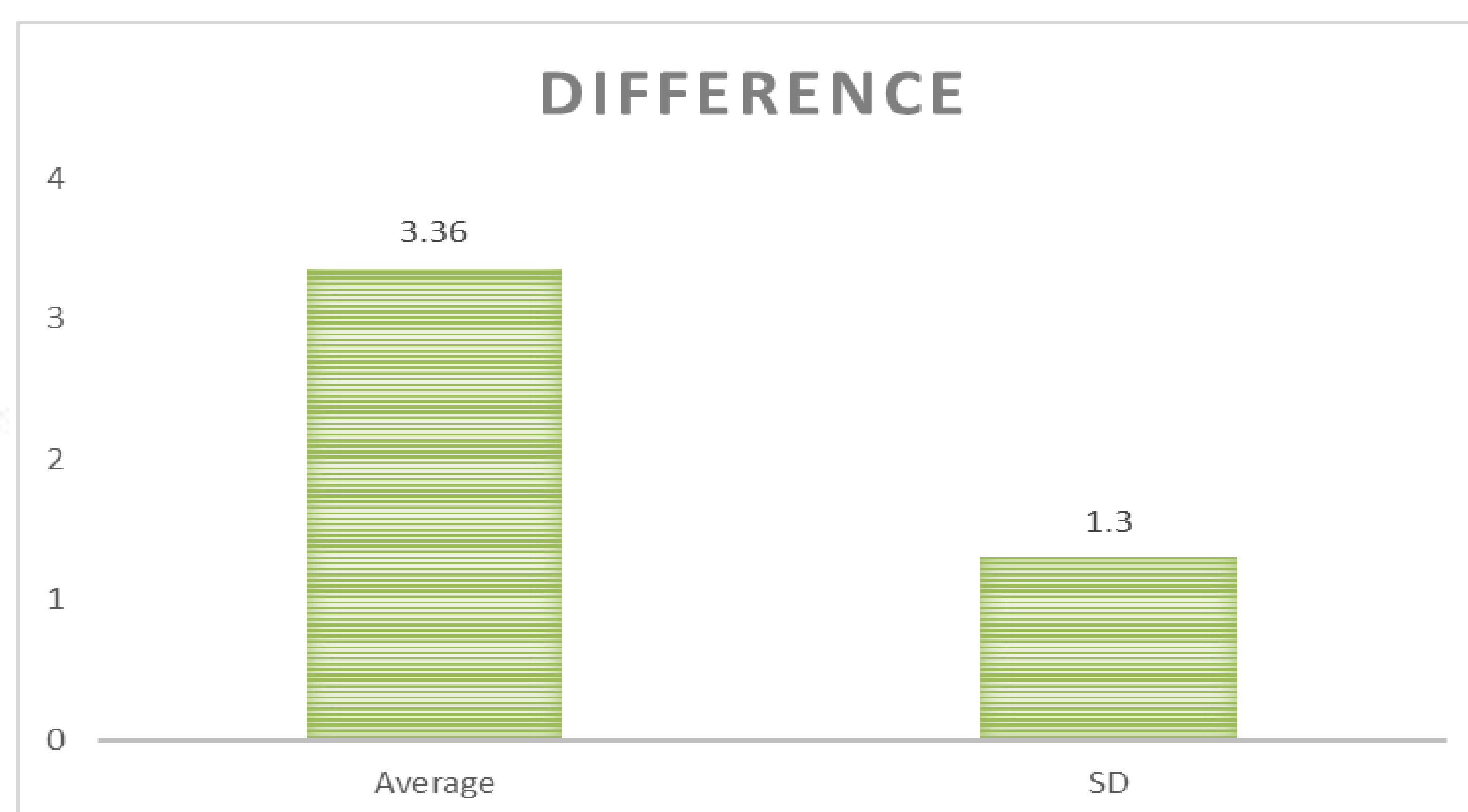
Methods used for the research:

Twenty-five healthy women without any diseases and no obesity problems were examined in the third trimester of pregnancy. The level of pain was being examined is on the VAS scale. Safety techniques for the unborn baby have been used, such as: exercises and gentle stretching of the muscles of the lumbar region, exercises for proper posture, prenatal massage to relax the muscles and improve flexibility.

Results:



2. Visual Analogue Scale (VAS) at the beginning and 2 weeks later



3. The difference between the start and the end of the therapy.

Conclusion:

Several factors play major key role in pregnancy lower back pain and it is important to know that most of the pregnancy related lower back pain resolves on it's own after giving birth. Because of the pregnancy it may be a little more difficult to determinate the right treatment but from our study we can say that exercise and kinesitherapeutic approach are the most effective treatments. It is important to work closely with the doctor and physical therapist to ensure the most effective treatment in such a specific condition.