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Spine (Phila Pa 1976). 1987 May;12(4):368-71.

## Low-back pain in pregnancy.

Fast A, Shapiro D, Ducommun EJ, Friedmann LW, Bouklas T, Floman Y.

### Abstract

Two hundred women were interviewed within 24-36 hours after giving birth. The patients were not examined. It was found that 56% of the patients suffered from **low-back pain** during **pregnancy**. The percentage of Caucasians was statistically higher in the **back pain** group. The percentage of Hispanics was statistically higher in the no **pain** group. Among the variables that were compared in both groups were the age, the weight gained by the mothers during **pregnancy**, the baby's weight, the number of previous pregnancies, number of prior children. None of the variables reached a statistically significant level. The **pain** group complained of **pain** the **low-back** area, which radiated in 45.5% of cases to the lower extremities. In about one-third of the patients the **pain** increased as the day wore on, whereas in another one-third the **pain** increased during the night and disturbed sleep. Standing, sitting, forward bending, lifting, and walking tended to increase the **pain**. Most of the patients started suffering from **back pain** between the fifth and seventh months of **pregnancy**. Several theories to explain the occurrence of backache during **pregnancy** are discussed.

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Publication Types, MeSH Terms

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