

PubMed

Display Settings:  Abstract



*J Manipulative Physiol Ther.* 2010 Jun;33(5):370-7. doi: 10.1016/j.jmpt.2010.05.006.

## The occurrence of strain symptoms in the lumbosacral region and pelvis during pregnancy and after childbirth.

Sipko T, Grygier D, Barczyk K, Eliasz G.

Academy of Physical Education, Faculty of Physiotherapy in Wrocław, Al. Paderewskiego 35, Wrocław, Poland. tsipko@wp.pl

### Abstract

**OBJECTIVE:** The etiology and pathology of pain in the lumbosacral region and pelvis of pregnant women during and after pregnancy have not been fully determined. This study evaluated if lower back pain during pregnancy and after **childbirth** is connected with static alterations in the alignment of the pelvis, dysfunction of sacroiliac **joints**, and irritation of the pelvic ligaments and spine in the lumbosacral region.

**METHODS:** This study was carried out on a group of 30 women in their eighth month of pregnancy and through 3 months after **childbirth**. Techniques of manual examination were used to determine the strain. Static alteration of the pelvis was evaluated in both the sitting and standing positions on the basis of alignment of the posterior superior **iliac** spines. Irritation of the iliolumbar ligaments, sacrotuberous, sacroiliac, and interspinous ligaments was evaluated by means of pressure palpation. Disorders of sacroiliac joint function were evaluated with the Patrick FABERE test, the standing Gillet test, and the standing and sitting flexion tests.

**RESULTS:** The most frequently irritated ligaments in the lumbar region are interspinous (60%), iliolumbar (40%), and sacroiliac (36%).

**CONCLUSIONS:** In women, in their eighth month of pregnancy and after **childbirth**, disorders of static alterations in pelvis alignment and sacroiliac joint dysfunction may occur. The state of pregnancy may result in strain symptoms in the lumbosacral region and pelvis with variable pain intensifying in various static positions.

Copyright (c) 2010 National University of Health Sciences. Published by Mosby, Inc. All rights reserved.

PMID: 20605556 [PubMed - indexed for MEDLINE]

MeSH Terms

LinkOut - more resources