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The prognostic value of asymmetric laxity of the sacroiliac joints in pregnancy-related pelvic pain.

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STUDY DESIGN: Prospective cohort study.

OBJECTIVE: To determine the prognostic value of asymmetric laxity of the sacroiliac joints during pregnancy on pregnancy-related pelvic pain postpartum.

SUMMARY OF BACKGROUND DATA: In a previous study, we observed a significant relation between asymmetric laxity of the sacroiliac joints and moderate to severe pregnancy-related pelvic pain during pregnancy.

METHODS: A group of 123 women were prospectively questioned and examined, and sacroiliac joint laxity was measured by means of Doppler imaging of vibrations at

36 weeks' gestation and at 8 weeks' postpartum. A left to right difference in sacroiliac joint laxity  $\geq 3$  threshold units was considered to indicate asymmetric laxity of the sacroiliac joints.

RESULTS: In subjects with moderate to severe pregnancy-related pelvic pain during

pregnancy, sacroiliac joint asymmetric laxity was predictive of moderate to severe pregnancy-related pelvic pain persisting into the postpartum period in 77%

of the subjects. The sensitivity, specificity, and positive predictive value of sacroiliac joint asymmetric laxity during pregnancy for pregnancy-related pelvic

pain persisting postpartum were 65%, 83%, and 77%, respectively. Subjects with moderate to severe pregnancy-related pelvic pain and asymmetric laxity of the sacroiliac joints during pregnancy have a threefold higher risk of moderate to severe pregnancy-related pelvic pain postpartum than subjects with symmetric laxity.

CONCLUSION: These data indicate that in women with moderate to severe complaints

of pelvic pain during pregnancy, sacroiliac joint asymmetric laxity measured during pregnancy is predictive of the persistence of moderate to severe pregnancy-related pelvic pain into the postpartum period.

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