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An integrated therapy for peripartum pelvic instability: a study of the biomechanical effects of pelvic belts.

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Abstract

OBJECTIVES: The objectives of this study were to investigate the influence of **pelvic** belts on the stability of the pelvis and to discuss the treatment of peripartum **pelvic** instability.

STUDY DESIGN: In six human pelvis-spine preparations, sagittal rotation in the sacroiliac joints was induced by bidirectional forces directed at the acetabula. Weight-bearing was mimicked by the application of a compressive force to the spine. The biomechanical effect of a **pelvic** belt was measured in 12 sacroiliac joints.

RESULTS: The **pelvic** belt caused a significant decrease in the sagittal rotation in the sacroiliac joints. The effect of a 100 N belt did not differ significantly from that of a 50 N belt.

CONCLUSION: The combination of a **pelvic** belt and muscle training enhances **pelvic** stability. The load of the belt can be relatively small; location is more important. The risk of symphysiodesis, especially as a result of the insertion of bone grafts, is emphasized.

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