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## The treatment experience of patients with low back pain during pregnancy and their chiropractors: a qualitative study.

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### Abstract

**BACKGROUND:** Chiropractors regularly treat pregnant patients for low back pain during their **pregnancy**. An increasing amount of literature on this topic supports this form of treatment; however the experience of the pregnant patient with low back pain and their chiropractor has not yet been explored. The objective of this study is to explore the experience of **chiropractic** treatment for pregnant women with low back pain, and their chiropractors.

**METHODS:** This qualitative study employed semi-structured interviews of pregnant patients in their second or third trimester, with low back pain during their **pregnancy**, and their treating chiropractors in separate interviews. Participants consisted of 11 patients and 12 chiropractors. The interviews consisted of 10 open-ended questions for patients, and eight open-ended questions for chiropractors, asking about their treatment experience or impressions of treating pregnant patients with LBP, respectively. All interviews were audio-recorded, transcribed verbatim, and reviewed independently by the investigators to develop codes, super-codes and themes. Thematic saturation was reached after the eleventh chiropractor and ninth patient interviews. All interviews were analyzed using the qualitative analysis software N-Vivo 9.

**RESULTS:** Five themes emerged out of the chiropractor and patient interviews. The themes consisted of Treatment and Effectiveness; Chiropractor-Patient Communication; Pregnant Patient Presentation and the **Chiropractic** Approach to **Pregnancy** Care; Safety Considerations; and Self-Care.

**CONCLUSIONS:** Chiropractors approach pregnant patients with low back pain from a patient-centered standpoint, and the pregnant patients interviewed in this study who sought **chiropractic** care appeared to find this approach helpful for managing their back pain symptoms.

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