



Efficacy of Core Stability Exercises on the Postpartum Lumbopelvic Pain

SCIENCE

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Key Take-Away:

This study based on randomized controlled trial revealed that the core stability exercises in addition to traditional treatment (infrared radiation and continuous ultrasound) improved pain and functional disability based on the increase in Pain Pressure Threshold (PPT) and decrease in pain intensity and Oswestry Disability Index (ODI).

Introduction:

Core stability exercises have been widely suggested for the management of patients with different musculoskeletal conditions. But, its effect on postpartum lumbopelvic pain (LPP) has not been thoroughly investigated. This study examined the impact of core stability exercises on postpartum LPP.

Methods:

A total of 34 women suffering from postpartum LPP were randomly assigned to the study or control group. Control group (n= 17) obtained infrared radiation and continuous ultrasound on the lumbosacral region (L1-S5), whereas the study group (n= 17) obtained core stability exercises along with 3 sessions of infrared radiation and continuous ultrasound per week for 6 weeks. Pain Pressure Threshold (PPT), Visual Analogue Scale (VAS) and Oswestry Disability Index (ODI) were examined for all participants in both the groups before and after the treatment plan.

Results:

A significant improvement was observed in PPT, VAS and ODI post-treatment compared with the pre-treatment in both the groups. There was a significant improvement in participants who obtained core stability exercises as opposed to the participants treated with the traditional treatment in PPT (P= 0.001), VAS (P= 0.001) and ODI (P= 0.009).

Conclusions:

Core stability exercises, along with the conventional treatment, significantly decreased pain and improved function for women with postpartum LPP. Physicians must consider core stability exercises along with pharmacological treatment to relieve postpartum LPP.

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