

What Works? The Science behind Physiotherapy Treatment

Low back and pelvic pain during pregnancy

Low back and pelvic pain during pregnancy is the most common pregnancy complication, affecting approximately 72% of pregnant women.¹ Some of the risk factors include hypermobility, periods of amenorrhea, higher pre-pregnancy weight, and higher end pregnancy weight.¹ A systematic review published in 2006 by Pennick V et al² found evidence supporting the following treatments for low back and pelvic pain during pregnancy:

- Pregnancy-specific exercises
- Acupuncture
- Physiotherapy
- Hydrotherapy (called “water gymnastics” in this article)

At GO Physio we offer all of these treatments. We can help. Just call us!

References:

1. Mogren IM, Pohjanen AI. Low back and pelvic pain during pregnancy: prevalence and risk factors. *Spine* 2005;30(8):983-91. You can view the abstract of this article by clicking here: <http://www.ncbi.nlm.nih.gov/pubmed/15834344>
2. Pennick V, Young G. Interventions for preventing and treating pelvic and back pain in pregnancy. *Cochrane Database of Systematic Reviews* 2007, Issue 2. You can view the abstract of this article by clicking here: <http://www2.cochrane.org/reviews/en/ab001139.html>