

(Back Care Program)

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83/8/14 : _ 83/6/12 :

Efficacy Of Back Care Program In Chronic Back Pain During Pregnancy

Abstract :

Objective : High incidence of pregnant women are expected to suffer from back pain during their pregnancy , and a large number of them lose their daily activities because of back pain severity . The aim of this study is to find a solution in preventing or reducing back pain during pregnancy in women with chronic back pain .

Methods and materials : Fifty-six patients with chronic back pain were seen before and during pregnancy , between February 1999 and March 2003. The mean age was 22.1 years (18-32- years).

Results : The pathology of back pain in these patients was as follows:

Spondylolisthesis , deformity of the spine , disc hernia , malformation of the spine , and unknown pathology. The patients who were seen before or in the early period (first month) of pregnancy (30 patients) (group A) and encouraged to begin a back care program had excellent – good results (13–20 point PROLO scale) .

The patients who were seen in the late period (after 4th month) of pregnancy(26 patients) (group B) had fair – poor results (4 –12 point PROLO scale) ; but after beginning the back care program , they had about 4 –8 point recovery .

Conclusion : Chronic back pain with every pathology is not a difficulty in pregnancy , and prevention or reduction of it is possible with a back care program .

Key words: Chronic , back pain , pregnancy , back care program .

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14 16 :
26 ()

.(1 2 3 20) .

() %50
%30

4 PROLO .(4- 5-6)

.(1) 7 5

PROLO : (1) (4 - 5 - 6 - 7 - 8)

P₁ :	F₁ :	E₁ :	M₁ : 10
P₂ :	F₂ :	E₂ :	M₂ : 6 9
P₃ :	F₃ :	E₃ :	M₃ : 3 5
P₄ :	F₄ :	E₄ :	M₄ :
P₅ :	F₅ :	E₅ :	M₅ :
20 4 + + + 4 8 = (Poor) 13 16 = (good) 9 12 = (Fair) 17 20 = (excellent)			

(5 6)

()

(9) .

.(11 10)

(hyperlordotic) (Flattened)

39 (18 32)

2 15

()

()

()

:(Support)

:(6) (spondylolisthesis)

(sacral belt)

(grade I)

(g.II)

(g.III)

(g.IV) 4

:(10)

(idiopathic scoliosis)

()

()

18 (PROLO 17 20)

(kyphosis)

13 16) (%40)

(PROLO : (8)

) L5-S1 L4-5

(4 M.R.I

: (16)

(sprna bifida oculta)

(sacralisation)

()

(Lumbalisation)

(%23) 6 (4)

(2) (16)

(PRolo 16 13)

:2

1379 82

12 9) (%38 5) 10

(%38/5) 10 (PRolo

(PRolo 8 4)

4

(3)

:3

PROLO

1379 82

16	
14	
26	
6	
10	
8	
16	
16	
39	
15	
2	

(16)

()

(14)

(%40) 18 (30)

P Value X2

()		()		PROLO
()		()		
0	0	18	60	17 20)
6	23/5	12	40	16 13)
10	38/5	0	0	12 9)
10	38/5	0	0	(8 4)
26	4/46	30	53/6	

() ()

(X2= 39/9 P=0/000).

(15 9)

(Risk factors)

(10)

(Multifactorial)

(Back care program)

(Rolaxin)

(Ligamanter Laxity)

(12 14 19).

288 Levangic

(13 17)

(back care education)

135

Noren L

81 54

Back care program

54)

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Lindstrom I.

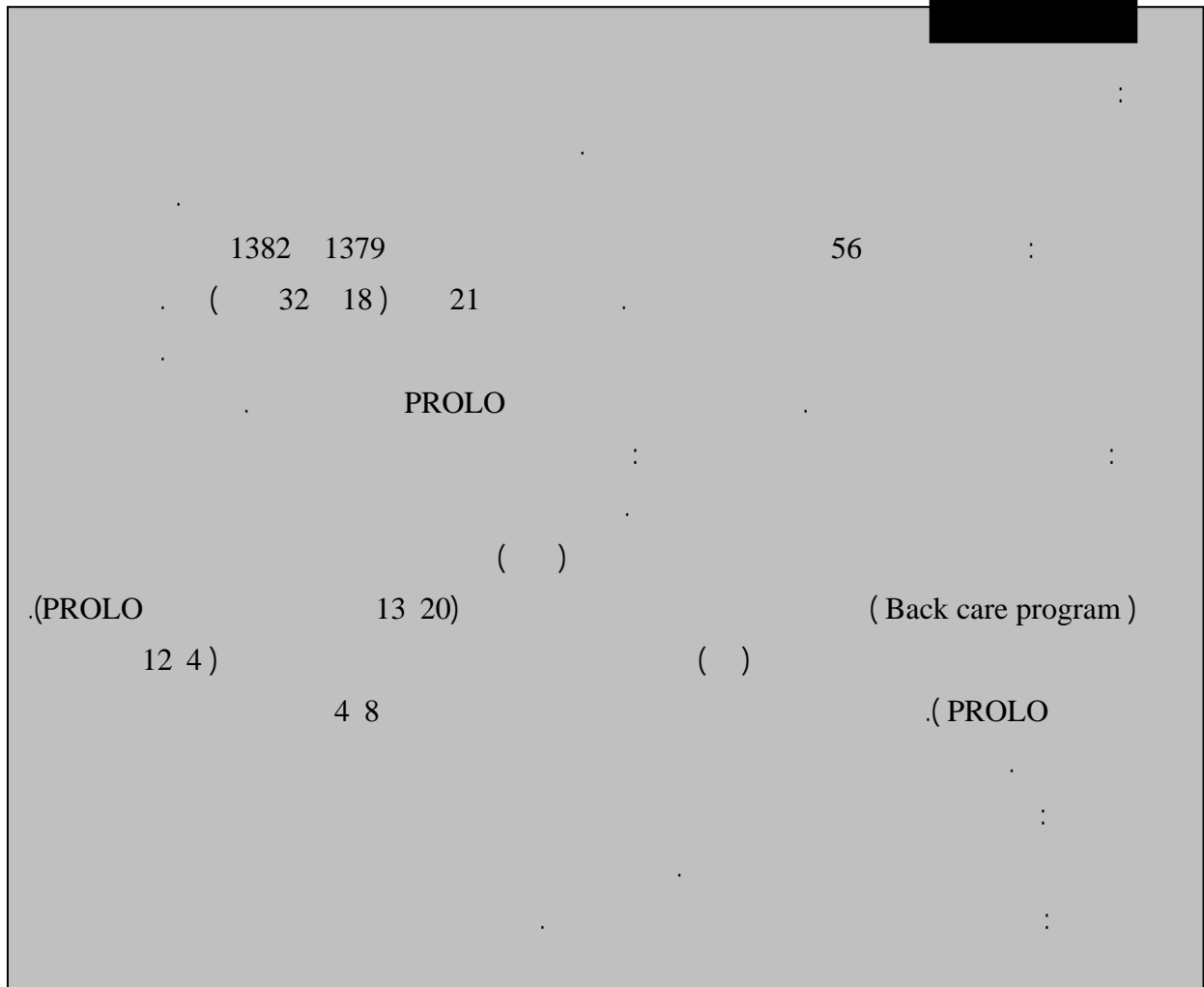
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Back care

.(15 16 17).

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