



Title: “Primal posture for a pain free pregnancy”-Solutions for low back pain and pregnancy

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Introduction:

Pregnancy related low back pain is a common complaint among pregnant women. It can potentially have a negative impact on their quality of life. A 2004 study on Low back pain during pregnancy: prevalence, risk factors, and outcomes, found that nearly 70% of the 645 pregnant women responding to a 36-question survey reported lower back pain during their current pregnancy.

Aim:

The aim of the author is to present a current review of the literature concerning the prevalence and nature of lumbo-pelvic pain and measures to manage the lumbar pain.

Methodology:

By using cinhal, cochrane, sciencedirect, medscape and pubmed database and low back pain, pelvic girdle pain, pregnancy as keywords, abstracts and original articles in English investigating the diagnosis treatment of back pain during pregnancy were searched and analyzed. Low back pain could present as either a pelvic girdle pain between the posterior iliac crest and the gluteal fold or as a lumbar pain over and around the lumbar spine.

Conclusion:

The study concluded that lower back pain in pregnancy is a manageable and in most instances a preventable problem, it's of course best if women who plan to become pregnant prepare their bodies for the dramatic physical, musculoskeletal, and hormonal changes that lie ahead. The findings revealed that by making adjustments women at *every* stage of pregnancy can prevent lower back pain from occurring.

Key words: low back pain, pelvic girdle pain, pregnancy, review

Biography

Mrs. Vidhya kaleeswaran has completed her Masters in Obstetrical and Gynecological Nursing from Annamalai and is aspiring to do PhD. Currently working as a senior staff Nurse and research co-coordinator in delivery suite at a referral hospital in Ministry of Health, Sultanate of Oman. She has presented more than 18 papers at national and international conferences. Organized various workshops and conferences. Active in research and is reviewer in reputed journals.