

عنوان مقاله:

The Role of Non-rigid Pelvic Belts in Managing Pregnancy-related Pelvic Girdle Pain and Low Back Pain: A Systematic Review

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نویسندگان:

Shahrbanoo Bidari - Department of Orthotics and Prosthetics, School of Paramedical and Rehabilitation Sciences., Mashhad University of Medical Sciences, Mashhad, Iran

Faezeh Ghorbani - Department of Orthotics and Prosthetics, School of Rehabilitation Sciences, Iran University of Medical Sciences, Tehran, Iran

Kourosh Barati - Department of Orthotics and Prosthetics, School of Paramedical and Rehabilitation Sciences., Mashhad University of Medical Sciences, Mashhad, Iran

Arman Jalaaleddini - Department of Psychiatry, Faculty of Medicine, Rafsanjan University of Medical Sciences, Rafsanjan, Iran

Mohammadreza Pourahmadi - Department of Physiotherapy, Rehabilitation Research Center, School of Rehabilitation Sciences, Iran University of Medical Sciences, Tehran, Iran

خلاصه مقاله:

Objectives: Pelvic belts are prescribed for back and pelvic pain during pregnancy and postpartum. This study reviews level II literature (randomized clinical trials and clinical trials) considering the effect of pelvic belt application on pain and functional disability in pregnant women with pelvic girdle pain or low back pain. Methods: Two reviewers independently performed a computerized literature search from PubMed/MEDLINE (NLM), Scopus, Web of Science, PEDro and Google Scholar databases. The included studies were agreed upon by the two reviewers, and a third reviewer mediated any disagreements. Data extraction was conducted by the two reviewers and cross-checked by a third reviewer. The quality of each included trial was assessed independently by the two reviewers and scored using the PeDro scale. Any discrepancies in selecting the studies and scoring them were resolved by a third collaborator. Results: A total of 9 studies met the inclusion criteria and were selected for the systematic review. Four fair- and one low-quality study reported more significant pain reduction by the flexible pelvic belt than the usual healthcare or physical therapy. In two fair- and one low-quality study, higher functional improvement was reported by belt than healthcare or physical therapy. Meanwhile, one high- and one fair-quality study showed no added functional ability in the flexible belt for health care or exercise. Discussion: The current review suggests using the flexible belt as a practical treatment approach in alleviating pain in pregnant women with pelvic girdle pain or low back pain (LBP) during pregnancy. However, the added efficacy in functional disabilities is controversial.

کلمات کلیدی:

Pregnancy, Pelvic girdle pain, Low back pain, Maternity support, Pelvic belt

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