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Chiropractic and Pregnancy: A Retrospective Case Series.

Low back pain is a very common complaint during pregnancy. European studies have reported the prevalence rate of low back pain during the 9 months of pregnancy to be from 46% to 76%. Recent US studies found prevalence rates of 57% and 69%.

This retrospective case series (1) was undertaken to describe the results of a group of pregnant women with low back pain who underwent chiropractic care including spinal manipulation. Seventeen cases met all inclusion criteria.

All women were cared for by the same clinician. Active care consisted of reassurance and education, advice on body mechanics, and exercise instruction. Passive treatments were manual myofascial release, manual joint mobilization, and manual spinal manipulation. The most commonly used spinal manipulation maneuvers were procedures aimed at the lumbar facet joints and/or the sacroiliac joints.

The overall group average Numerical Rating Scale pain score decreased from 5.9 (range 2-10) at initial presentation to 1.5 (range 0-5) at termination of care. Sixteen of 17 (94.1%) cases demonstrated clinically important improvement. The average time to initial clinically important pain relief was 4.5 (range 0-13) days after initial presentation.

No adverse effects were reported

in any of the 17 cases. The author

concludes,

“The results of this study suggest that chiropractic treatment was safe in these cases and support the hypothesis that it may be effective for reducing intensity of low back pain of pregnancy. Substantial prospective work is needed to test this hypothesis.”

Reference:

Lisa AJ. Chiropractic spinal manipulation for low back pain of pregnancy: a retrospective case series. *J Midwifery Womens Health* 2006 Jan-Feb;51:e7-10.