

## limitations among pregnant women (#534)

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### Introduction

- Pregnancy is associated with many physiological/biomechanical changes, which lead to various types of musculoskeletal problems, Such as pelvic girdle pain.
- Pregnancy-related pelvic girdle pain (PPGP) along with low back pain is very common and compromises normal everyday life of pregnant women.
- The pain may have an adverse impact on quality of life for women who are affected. This study was aimed to find out the prevalence PPGP and the activity limitations associated with PPGP.

### Methods

- A total of 313 participants were recruited in this cross-sectional survey using purposive sampling technique.
- The participants were recruited at five different hospitals in Kano.
- The data on PPGP, activity limitations and pain intensity was assessed using Posterior pelvic pain provocation test (P4-Test), Pelvic Girdle Questionnaire (PGQ) and numeric pain rating scale (NPRS) respectively.
- Descriptive statistics of frequency, percentages, mean and standard deviations were used to summarize the data.
- Independent T-test was used to compute differences in activity limitations between those with and without PPGP, and ANOVA was used to compute differences between PPGP and activity limitations across different trimesters.
- The data were analyzed using SPSS version 20, at Alpha level  $p < 0.05$ .

### Results

- One hundred and forty-two (44.9%) pregnant women had positive P4-test which indicated they have pelvic pain.
- The mean (SD) score of the severity of the PPGP as measured with NPRS is 3.8(1.7).
- There was a significant difference in the level of activity of those with pelvic girdle pain and those without pelvic girdle pain ( $p = .00$ ).
- There was no significant difference in activity limitation at different trimesters irrespective of pelvic girdle status, ( $p = 0.108$ ).
- There was no significant difference in activity limitation across parity, ( $p = 0.242$ ).

### Conclusions

- The prevalence of Pelvic Girdle Pain was found to be moderate among pregnant women.
- Pregnant women with pelvic girdle pain were found to be more limited in activity limitation than those without pelvic girdle pain;
- thus it is advocated that physiotherapists and obstetricians caring for such pregnant women need to collaborate further in order to enhance pain relief in these women