

Commodious Nurse Directed Exercises for Pelvic Girdle Pain during Pregnancy

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About the Study

Pregnancy is a precious period and memorable moment for every woman especially when she conceives first time [1]. During pregnancy there is progressive anatomical, physiological and biochemical changes occurring not only confined to the genital organs but also to all systems of the body [1]. These changes are necessary for the women to support and nourish the fetus, and preparing herself for childbirth and lactation [2]. From the day of pregnancy to the end of labour a woman faces physical, physiological and psychological changes resulting some sorts of ailments such as nausea, vomiting, varicose vein, leg cramps etc in which one among that is Pelvic Girdle Pain [3]. During pregnancy the activity of the relaxin (pregnancy hormones) can cause the ligaments supporting the pelvic joints to relax and allowing for slight movement [4]. As a consequence, Pelvic Girdle Pain (PGP), or formerly known as symphysis pubis dysfunction, occurs when the relaxation is excessive, allowing the pelvic bones to move up and down when the woman is walking. Pelvic Girdle Pain is a common musculoskeletal disorder which affects quality of life and causes considerable disabilities in daily activities during the period of pregnancy [5]. Mothers may have difficulty with certain movements including walking, putting weight on one leg at a time such as climbing stairs, dressing, getting out of the bath, parting legs, hip movements, such as turning in bed or lying on the back or side, limited or painful hip abduction pain during normal activities [6]. Pregnancy related Pelvic Girdle Pain sustains in postpartum period and for some women it continues as a lifelong problem which is affecting their daily activities. Pelvic Girdle Pain can be treated with various modalities like specific stabilizing exercises to ease pain and build up supporting muscles, pelvic support belts or using crutches, acupuncture, hydrotherapy (exercises in water), Transcutaneous Electrical Nerve Stimulation (TENS), analgesics and changing life style. All the treatment modalities mainly aimed to relieve pain, improve muscle strength, pelvic stability and prevention of recurrence in future. PGP can result in significant physical disability and has important psychosocial implications, including extended leave from work during pregnancy, poorer quality of life (as a result of being unable to carry out normal roles, affecting their ability to care for their children) and predisposition to chronic pain syndrome [7,8].

Nurse directed exercises

Pain localised at the pelvic girdle during and after pregnancy has been identified and recorded as an entity since the 4th century BC by Hippocrates. PGP is defined as pain between the posterior iliac crest and the gluteal fold, particularly in the vicinity of the Sacro-Iliac Joint (SIJ), which may radiate to the thighs and hips [9]. Some of the Nurse directed exercises like diaphragmatic breathing, kegel's exercise, squatting exercise, seated piriformis stretch, bound angle pose, forward pose exercise, child pose exercise etc [4]. Nurse directed exercises in pregnancy helps to maintain the proper physiological functions of the body, decreases the pelvic girdle pain, maintain strength and range of motion in the hips, glutes, core, pelvic floor muscles and leg muscles, helps in improving the activities of daily life (walking, lifting, climbing stairs, lying flat on the back, turning in bed, housekeeping, exercising, working, during leisure, hobbies), prevents urinary incontinence, after childbirth, boost up the circulation in greater manner [3,10].

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Conclusion

From the day of pregnancy to the end of labour a woman faces physical, physiological and psychological changes resulting some sorts of ailments in which one among that is Pelvic Girdle Pain. Day by day the incidence rate was increasing with mortality and morbidity in antenatal and postpartum period. To obviate from pelvic girdle pain, Nurse directed exercises should be preferred to the antenatal mothers for reducing the pain level as well as improving the health status of the mothers.

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