

Correlation between Work Related Low Back Pain in Pregnant Physical Therapists and Lumbar Curvature Angle

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Abstract: low back Pain (LBP) considered as a common problem with a high work-related life and point prevalence among physical therapists (PTs). It is clearly affects daily activities so resulting in decreased non-work-related activities, sick leaves, decreased number of working hours and even changing therapists work setting. The aim of the study is to investigation the relation between work related low back pain (WRLBP) in PTs during pregnancy and lumbar curvature angle. Fifty one healthy, primigravid pregnant PTs at 20th weeks gestation (WGs) with a single fetus were randomized into two groups. Group A received physical therapy antenatal advices plus preventive strategies for WRLBP. Group B received only physical therapy antenatal advices. Both groups were evaluated at 20, 24 and 32 WGs. The outcome measures were lumbar curvature angle, self reported pain intensity, there was no statistical significant difference in lumbar curvature angle between mean value of group (A and B) at 24,32 WGs ($p = 0.247$), ($p = 0.391$) respectively. And that there was statistically insignificant difference between group (A and B) at 24 and 32 WGs with ($p = 0.408$), ($p = 0.458$) respectively in pain intensity. However, there was statistical significant positive correlation between pain intensity measured by McGill pain Questionnaire (MPQ) and lumbar curvature angle at 24 WGs ($r = 0.918^{**}$, $p = .000$) and at 32 WGs ($r = 0.923^{**}$, $p = .000$) for both groups.

This study conclude that the lumbar curvature angle increase with WRLBP during pregnancy in pregnant PTs.

Keywords: Work related low back pain, pregnancy related low back pain, pregnancy, lumbar curvature, physical therapist.