

Effect of Electro-Acupuncture on Low Back Pain During Pregnancy

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Abstract : This study was conducted to determine the effect of electro-acupuncture on low back pain during pregnancy. Forty pregnant women in second trimester, suffering from severe low back pain were participated in this study. They were referred from the outpatient clinic of orthopedic and outpatient clinic of obstetrics & gynecology in Kasr El Aini Hospital, Cairo University. Their ages ranged from 25-35 years old with a mean value 28.92 ± 2.65 years, their parity ranged from (2-4) times and their body mass index (BMI) didn't exceed 28 kg/m^2 with a mean value $26.26 \pm 1.18 \text{ kg/m}^2$. All participants were divided randomly into two equal groups (A&B). patients in group A (study group) were treated by 20 minutes of electro-acupuncture on points (UB 23 and UB25), and 60 minutes of abdominal strengthening exercises, posterior pelvic tilting and postural correction exercises 3 times per week for 4 weeks while, patients in group B (control group) were treated by 60 minutes of abdominal strengthening exercises, posterior pelvic tilting and postural correction exercises 3 times per week for 4 weeks. All patients in both groups (A&B) were evaluated by present pain intensity (PPi) scale and plasma cortisol level before starting and after the end of treatment program. The results showed a highly significant ($P < 0.0001$) decrease in PPi as well as plasma cortisol level after the treatment program in both groups, yet this decrease was more pronounced and statistically significant ($P < 0.0001$) in the study group when compared to the control group. So, it could be concluded that electro-acupuncture is an effective modality in alleviating low back pain during pregnancy.

Key words: Electro-acupuncture, pregnancy, low back pain, plasma cortisol pevel, abdominal strengthening exercises.