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Effect of Acupuncture TENS on Sciatic pain During Pregnancy

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Abstract : Sciatica is a common discomfort of pregnancy experienced in the lower extremity, affecting quality of life and minimizing social and economic efficacy and it is a major cause of work absenteeism and a financial burden to society. **Objective:** This study is carried out to determine the effect of Acupuncture TENS on sciatic pain during pregnancy. **Methods:** Twenty pregnant women with an exclusive diagnosis of sciatic pain with age ranged from 20-40 years ,at the 2nd or 3rd trimester of pregnancy and their body mass index not exceeding 32 kg/m². Assessment for all participants was performed through analysis of plasma serotonin level, visual analogue scale (VAS) ,Straight leg raising test (SLR) and slump test before and after intervention. **Results:** The results showed improvement in pain level in both groups. However, the study group consistently demonstrated greater improvement in the outcome measures than the control group. **Conclusion:** Acupuncture TENS can be used safely and effectively in reducing sciatic pain in pregnant women.

Key words : TENS, Acupuncture, stretching exercises, sciatic pain, pregnancy.

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