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A Quasi-Experimental Study To Evaluate The Use Of Compression Garments To Manage Prenatal Pelvic And Low Back Pain

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### Aim

Are SRC Pregnancy Shorts effective in prevention and management of pain for common pregnancy ailments including vulval varicosities, pelvic and low back pain?

### Methods

55 women were recruited from hospital and community-based maternity care providers, in age range 23-42 years and gestational weeks 16-31 at baseline.

Intervention group (IG) n = 38 wore SRC Pregnancy Shorts in addition to usual care.\*

Comparison group (CG) n = 17 received usual care alone.

Primary outcome measure:

Numeric Pain Rating Scale (NPRS), assessed fortnightly over 6 weeks.

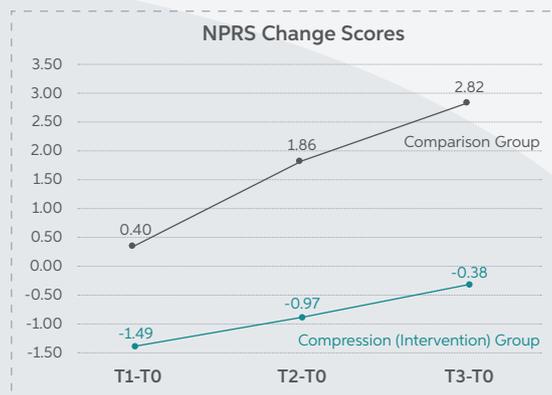
Body temperatures assessed daily in IG.

Data Analysis: Descriptive analyses, NPRS charts by group

### Results

After 6 weeks, while levels of pain experienced by participants who did not wear the prenatal compression shorts had typically increased substantially as their pregnancy progressed, pain levels experienced by participants who wore the prenatal compression shorts had typically not increased at all from their initial levels, with the difference between the groups being statistically significant ( $p=.001$ )

Age, gestational weeks at baseline and number of previous births did not influence 6-week NPRS change scores. 883 (99.7%) of the reported daily self-assessed body temperatures while wearing garments ranged between 35.0°C and 38.0°C; two (0.3%) were reported as 39.0°C.



### Conclusion

SRC Pregnancy Shorts are effective, thermally safe and a non-pharmacological option for prevention and management of pain during pregnancy.

\*Usual Care - Standard physiotherapy