

Pelvic Pain Relief for Pregnant Women

(Ivanhoe Newswire) -- A new study shows acupuncture and strengthening exercises may help relieve pelvic girdle pain experienced by pregnant women.

The pelvic girdle is a complex of bones that connects the trunk and legs. Pain in the pelvic girdle is very common among pregnant women. The study authors explain this pain inhibits the ability to stand, walk and sit, but there is no cure.

Standard treatment consists of a pelvic belt and a home exercise regimen. However, the effectiveness of these options is questionable. So, researchers in Sweden set out to investigate whether acupuncture or strengthening exercises could help manage the pain.

They divided 386 women into three groups. One received standard treatment, another received standard treatment plus acupuncture, and the third underwent standard treatment plus stabilizing exercise that improved mobility and strength. These women recorded their pain levels every morning and evening and were examined at the end of the treatment period.

Both the acupuncture group and the stabilizing-exercise group had less pain than the standard treatment group in the morning and evening. The acupuncture group showed the greatest reduction of pelvic girdle pain.

The study authors conclude acupuncture or these specific exercises prove beneficial in addition to standard treatment for pelvic girdle pain.

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