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Influence of muscle energy techniques on low back pain during pregnancy**Dalia Mohamed Kamel**
Ahlia University, Bahrain**Aim:** To determine the influence of Muscle Energy Techniques (METs) on pregnant women with mechanical low back pain.**Participants:** Sixty primigravide women in their 20 to 25 weeks' gestation having mechanical low back pain participated in this study. They were selected from the Obstetrics and Orthopedic Outpatient Clinic of Cairo University Hospitals. They were randomly assigned into groups two groups, Group-A: Control group, who received exercise program (three sessions per week) and back care advise during daily living activities. While, Group-B: Study group, performed a treatment program included a course of muscle energy techniques and the same exercise program and back care advise as in group-A (three sessions per week for 4 weeks).**Outcome Measures:** Present Pain intensity (PPi) scale, lumbar and thoracic curves and paraspinal muscles activity Electromyography (EMG) for both groups were done before and after 4 weeks of the treatment. In addition, the PPi was re-measured after one month as follow up.**Results:** Both groups showed significant decrease ($p < 0.05$) in low back pain intensity and paraspinal muscle activity while there was a statistically highly significant increase ($p < 0.05$) in kyphotic and lordotic angles. Between groups comparison showed a significant difference ($p < 0.05$) in low back pain intensity, kyphotic and lordotic angles as well as paraspinal muscles activity in favor of group-B.**Conclusion:** Muscle energy technique showed effectiveness in reducing low back pain during pregnancy as well as improving muscle activity.

dshewitta@ahlia.edu.bh

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