



شبكة المعلومات الجامعية

بسم الله الرحمن الرحيم



شبكة المعلومات الجامعية  
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# شبكة المعلومات الجامعية التوثيق الالكتروني والميكرو فيلم





شبكة المعلومات الجامعية

# جامعة عين شمس

التوثيق الالكتروني والميكروفيلم

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CO-2 UP

**EFFICACY OF SPINAL SEGMENTAL  
STABILIZATION EXERCISES ON  
REDUCING POST PARTUM  
LOW BACK PAIN**

615,82

Thesis  
Submitted for Partial Fulfillment of the Requirement of  
Master Degree in Physical Therapy

By

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### ABSTRACT

This study was designed to detect the efficacy of spinal segmental stabilization exercises on reducing post partum low back pain. Forty volunteers women diagnosed with post partum low back pain, their age ranged from 25-35years, they were delivered normally .They were divided randomly into two groups equal in number. Group (A) received stabilizing exercises for lumbopelvic muscles (24 sessions), 3 sessions per week for 8 week ,while in group (B)did not received any physical therapy treatment. All patients were evaluated before and after the end of the treatment using visual analogue scale for pain assessment, Oswestry disability questionnaire for the assessment of functional disability and modified –modified Schober test for assessment of the lumbar range of motion. The obtained results showed highly statistically significant decrease in pain intensity ( $p<0.001$ ), increase in lumbar range of motion ( $p<0.01$ ) and improve the functional disability ( $p<0.01$ ) in the study group at the end of the programme and no significant difference in the control group pre and post the study . Accordingly, it could be concluded that lumbar stabilization exercises appears to be effective in the management of post partum low back pain.

**Key words:** post partum –low back pain –stabilizing exercise -visual analogue scale –Oswestry disability questionnaire –modified – modified Schober test.





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