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**SYMPHYSEAL DISTENTION IN RELATION TO
PELVIC PAIN IN PRIMI AND
MULTIGRAVID
WOMEN**

Thesis

Submitted for partial fulfillment of the requirements for
the Master degree in Physical Therapy

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2002

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Symphyseal distention in relation to pelvic pain in primi and multigravid women/ Nesreen El-Said Abbas; Supervisors: Dr. Salwa Mostafa El-Badry, Dr. Ibrahim Mahrous Kandil, Dr. Amel Mohamed Yousef - Cairo University - Faculty of Physical Therapy - Physical Therapy Department for Gynaecology and Obstetrics - Year 2002 – Around 130 page, Master Thesis.

Abstract

This study was conducted to investigate the relationship between the symphyseal distention and pelvic pain in primi and multigravidae at 20 and 35 weeks' gestation. Forty volunteer pregnant women at 20 weeks' gestation complained from pelvic pain participated in this study, from Outpatient Clinic of Obstetric Department at Bab El-Sheria University Hospital. Women were divided randomly into two groups equal in number: Group (A) 20 primigravid women and Group (B) 20 multigravid women. Evaluation for all women was done at 20 and 35 weeks' gestation through measuring pelvic pain by visual analogue scale (VAS) and McGill Pain Questionnaire (MPQ). Symphyseal distention (width and vertical shift) was evaluated by ultrasonography. The results of this study revealed that pelvic pain and symphyseal distention were increased significantly between 20 and 35 weeks' gestation in both groups (A and B) and they increased significantly in group (B) than in group (A) at 20 and 35 weeks' gestation. Also there was a significant correlation between increased pelvic pain and increased symphyseal width, while symphyseal vertical shift had no significant correlation except in group (A) at 20 weeks' gestation. So, it could be concluded that severe pelvic pain during pregnancy is strongly associated with an increase symphyseal distention, which needs a special conservative physical therapy program to prevent it.

Key words: Symphyseal joint distention - pelvic pain - gravid women.

Acknowledgements

Above all and before all thanks to **God**.

I would like to express my deepest thanks and gratitude to **Prof. Dr. Salwa Mostafa El-Badry**, Assistant professor of Physical Therapy for Gynaecology and Obstetrics, Faculty of Physical Therapy, Cairo University, for her kind supervision, valuable instructions, stimulating suggestion, keen encouragement, assistance and co-operation bringing this work to light.

I would like to appreciate **Prof. Dr. Ibrahim Mahrous Kandil**, Professor of Gynaecology and Obstetrics, Faculty of Medicine, Al-Azhar University, for Kindly accepting to supervise this work and for constant help in offering all the facilities in his department for my work.

I wish to express my heartily gratitude to **Prof. Dr. Amel Mohamed Yousef**, Assistant professor of Physical Therapy for Gynaecology and Obstetrics, Faculty of Physical Therapy, Cairo University, for continuous guidance, encouragement, assistance, kind and reliable advice she gave in this work.

I wish to express my thanks to **Dr. Mahmoud Abd-El-Sattar**, Lecturer of Gynaecology and Obstetrics, Faculty of Medicine, Al-Azhar University, for his kind support and for constant help in ultrasonography.

I wish to express my thanks to **Dr. Hanan El-Said El-Mekawy**, Lecturer of Physical Therapy for Gynaecology and Obstetrics, Faculty of Physical Therapy, Cairo University, for support and encouragement.

Finally, many thanks to all the patients who participated in this study and also to all the membership at Bab El-Sheria University Hospital for their grateful help.

List of Abbreviations

ASLR	Active straight leg raise
BMI	Body mass index
cms	Centimeters
DIV	Doppler imaging of vibration
Kg	Kilogram
Kg/m²	Kilogram per meter square
LBP	Low back pain
L	Lumbar
L pain	Lumbar region pain
mm	Millimeter
m	Meter
MHz	Mega Hertz
No.	Number
MPQ	McGill pain questionnaire
PGR	Pelvic girdle relaxation
PPPP	Peripartum pelvic pain
PSIS	Posterior superior iliac spine
PRPP	Pregnancy related pelvic pain
PIIINP	Propeptide of type III procollagen
S	Sacral
SIJ	Sacroiliac joint
SIJs	Sacroiliac joints
SIJ pain	Sacroiliac joint pain
S.D.	Standard deviation
Sym	Symphyseal pain
VAS	Visual analogue scale
Yrs	Years

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