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Can tailored exercises in pregnancy prevent low back and pelvic girdle pain?

Submission date
25/04/2010

Recruitment status
No longer recruiting

Registration date
30/06/2010

Overall study status
Completed

Last Edited
31/07/2017

Condition category
Pregnancy and Childbirth

[_] Prospectively registered
[_] Protocol
[_] Statistical analysis plan
[X] Results
[_] Individual participant data

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

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Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers
N/A

Study information

Scientific Title
Can tailored exercises in pregnancy prevent low back and pelvic girdle pain? A randomised controlled trial

Acronym
BeST

Study objectives
Supervised exercises adapted to pregnant women can reduce the proportion reporting low back- or pelvic girdle pain.

Ethics approval required
Old ethics approval format

Ethics approval(s)
Regional Committee for Medical and Health Research Ethics South East (REK), 21/12/2007, ref: 1.2007.2296

Study design
Randomised controlled parallel-group trial

Primary study design
Interventional

Secondary study design
Randomised controlled trial

Study setting(s)
Other

Study type(s)
Prevention

Participant information sheet
Not available in web format, please use contact details to request a patient information sheet

Health condition(s) or problem(s) studied
Maternity care

Interventions
The participants in the intervention group were referred to one of two special trained physical therapists and received tailored supervised exercise in groups once a week and advice to do daily home exercise.
Attention was paid to body awareness and ergonomic advice in specific in real-life situations. The main focus, however was on specific training of the transversely oriented abdominal muscles with coactivation of the lumbar multifidus at the lumbosacral region and stretching the hip abductors
The control group did not receive any special treatment (treatment as usual).

The total intervention was carried out between gestation weeks 20 to 36. A maximum of 16 weeks. There was no further follow-up beyond gestation week 36.

Intervention Type
Other

Phase
Not Applicable

Primary outcome measure
The proportion of women experiencing pain in the pelvic girdle or lumbar spine, measured at gestation weeks 24, 28, 32 and 36

Secondary outcome measures
1. Functional status, measured with the modified Roland Morris Disability Questionnaire (0-24 scale)
2. Low back- and lumbopelvic pain, measured using the VAS score (0-10 scale)
3. Health-related quality of life, measured with the SF-8 Health Survey
Outcomes were measured at gestation weeks 24, 28, 32 and 36

Overall study start date
01/03/2008

Completion date
31/12/2009

Eligibility

Key inclusion criteria
The Norwegian public health system offers all women free health care in maternity care units (MCU) during pregnancy. Healthy Norwegian speaking women aged 18-40 were included from two MCUs.

Participant type(s)
Patient

Age group
Adult

Lower age limit
18 Years

Upper age limit
40 Years

Sex
Female

Target number of participants
260

Key exclusion criteria
1. Pregnant women carrying twins
2. Inflammatory rheumatic disorders
3. Risk factors for miscarriage

Date of first enrolment
01/03/2008

Date of final enrolment
31/12/2009

Locations

Countries of recruitment
Norway

Study participating centre
Diakonhjemmet Hospital
Oslo
Norway
0319

Sponsor information

Organisation
Norwegian Fund for Postgraduate Training in Physiotherapy (Norway)

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Sponsor type
Government

Funder(s)

Funder type
Research organisation

Funder Name
Norwegian Fund for Postgraduate Training in Physiotherapy (Norway)

Results and Publications

Publication and dissemination plan
Not provided at time of registration

Intention to publish date

Individual participant data (IPD) sharing plan
The datasets generated during and/or analysed during the current study are not expected to be made available due to ethical or legal restrictions.

IPD sharing plan summary
Not expected to be made available

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Results article	results	01/06/2012		Yes	No