

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

<b>Submission date</b> 25/04/2010	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
		<input type="checkbox"/> Protocol
<b>Registration date</b> 30/06/2010	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
<b>Last Edited</b> 31/07/2017	<b>Condition category</b> Pregnancy and Childbirth	<input type="checkbox"/> Individual participant data

**Plain English summary of protocol**  
Not provided at time of registration

## Contact information

**Type(s)**  
Scientific

**Contact name**  
Prof Kåre Birger Hagen

**Contact details**  
Diakonhjemmet Hospital  
POBOX 23, Vinderen  
0319 Oslo  
Oslo  
Norway  
0319  
-  
k.b.hagen@medisin.uio.no

## Additional identifiers

**Protocol serial number**  
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

**Study type(s)**

Prevention

**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(s)**

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

**Key secondary outcome(s))**

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

**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

**Healthy volunteers allowed**

No

**Age group**

Adult

**Lower age limit**

18 years

**Upper age limit**

40 years

**Sex**

Female

**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)

## Funder(s)

**Funder type**  
Research organisation

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

## Results and Publications

**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?
<a href="#">Results article</a>	results	01/06/2012		Yes	No
<a href="#">Participant information sheet</a>	Participant information sheet	11/11/2025	11/11/2025	No	Yes