

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

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

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
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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? |
|---------------------------------|---------|--------------|------------|----------------|-----------------|
| Results article | results | 01/06/2012 | | Yes | No |