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🌐 Exercise for Postpartum Low-back-pain in Cesarean Section Mother

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We use this protocol and it's working

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Abstract

Postpartum low back pain (LBP) is highly prevalent among cesarean section mothers due to surgical factors, postural changes, and muscle weakness. This randomized controlled trial will evaluate the effectiveness of a community-based rehabilitation (CBR) program combined with abdominal capsule muscle stabilization exercises in reducing pain, improving function, and enhancing muscle strength.

Participants (18–40 years, ≥ 6 weeks post-cesarean) will be randomized into two groups: control (postural education) and experimental (postural education + stabilization exercises) for 8 weeks. Pain (VAS), function (Oswestry Disability Index), and muscle strength (pressure biofeedback) will be measured.

It is expected that both groups will improve, but the experimental group will show greater reductions in pain and disability, and improved muscle strength, supporting integration of this intervention into community physiotherapy practice in Bangladesh.

Attachments



PDF

[IRB.pdf](#)

211KB



PDF

[Intervention Protoco...](#)

119KB

Materials

Educational Materials

- Postural education handouts or booklets (Bangla & English versions)
- Visual aids (charts, posters, diagrams of abdominal capsule muscles)
- Exercise instruction sheets with illustrations

Exercise Equipment

- Yoga mats or exercise mats
- Stability ball (for core and pelvic floor exercises)
- Resistance bands (varied resistance levels)

Visual Analogue Scale (VAS) for pain assessment

Oswestry Disability Index (ODI) questionnaire (Bangla-translated version)

Pressure biofeedback unit (for muscle strength measurement)

General Stationery & Recording Materials

- Participant consent forms
- Data collection sheets
- Clipboard, pens, and markers

Miscellaneous

- Disinfectant wipes (for cleaning equipment between uses)
- Drinking water facility for participants during sessions

Protocol references

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- Therapeutic Exercise – Foundations and Techniques

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