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### Prevalence of low back pain in postnatal mothers who have undergone LSCS

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#### ABSTRACT

The purpose of this study is to find prevalence of low back pain in postnatal mothers who have undergone LSCS. Retrospective study was carried out in Dr. Ulhas Patil Medical College & Hospital with 100 patient who undergone LSCS. Postnatal mothers who are in normal vaginal delivery were excluded from the study. Oswestry low back scale was use to find low back pain and prevalence was calculated. Conclusion incidence of low back pain is much greater in post pregnant females. Based on type of pregnancy C-section reported higher incidence.

**Keywords:** LBP (low back pain), OSwestry Low Back Pain, LSCS (lower Segment Cessarian Section).

#### INTRODUCTION

The primary causes of back pain among LSCS mother are trauma to the skin, Muscles, ligaments or Nerves of the back due to insertion of spinal needle. The second cause is known as a post-dural puncture headache in which a gradual leak of cerebrospinal fluid results in headache and neck pain that worsens when the mother sits or stands, and resolves when lies flat. A surprisingly high number of clients attending pain clinics in Scotland and north England attributed their pain to a surgical event (Iohom & Shorten, 2003). Many number of women with back pain after LSCS even after 6 or 7 years when they strain Sudden lower back pain years after epidural or spinal anesthesia is more likely to be caused by a recent injury, heavy lifting,

poor posture or positioning (such as during sleep or while carrying a backpack), or stress on the bones or muscles. Majorly, almost all pregnant women complain about back pain after spinal anesthesia which is the unique risk factor for back pain caused due to Cesarean birth [1, 3]

In India the rate of caesarean section delivery has increased from 3 per cent to 10 percent between 1992-93 and 2005-06 (IIPS, 2007) which is lower compared to some developing nations like Brazil and China. But as India is the second most populous country in the world, a small percentage increase affects a huge number of people. Based on DLHS-3 data, the caesarean section delivery rate in India is 9.2 per cent. the proportion of women who have undergone caesarean deliveries is the highest in Kerala (31.8 per cent) followed by Andhra

Pradesh (29.3 per cent) and Tamil Nadu (23.2 per cent) and the lowest in Rajasthan and Jharkhand (4.2 per cent in both the states). Even though the labor event gives pleasure for the mother it also gives severe pain. Among this, back pain is very common during pregnancy and postnatal period, and is a serious cause of morbidity [1, 3, 4]

## METHODOLOGY

A retrospective study was conducted with 100 patients who underwent LSCS at Dr. Ulhas Patil Medical College & Hospital, Jalgaon. Postnatal mothers who are in normal vaginal delivery were excluded from the study. Oswestry low back pain scale was used to find low back pain in LSCS patient. Data analysis and result was calculated.

## RESULTS

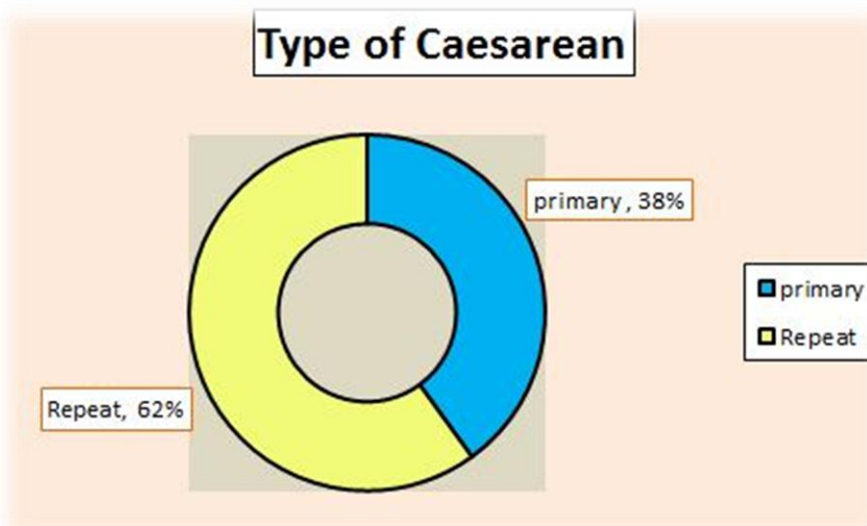


Figure 1 shows that out of total N=100, postnatal mothers, 62 reported Repeat C-section and 38 reported primary C-section.  
C-section, Primary = 38%, Repeat= 62%.

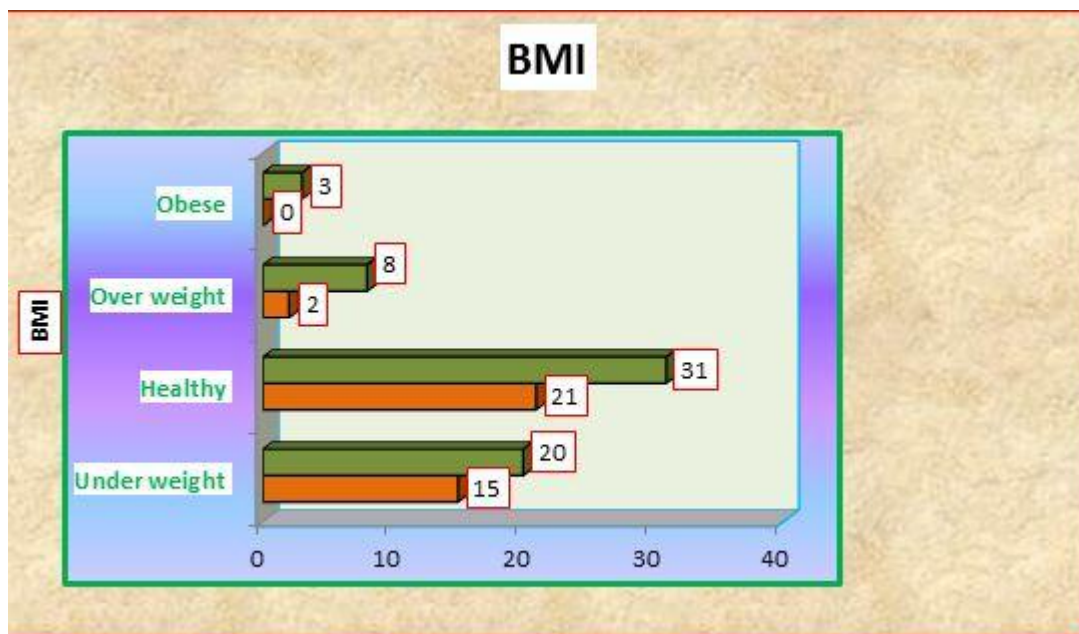


Figure 2 shows that for n= 62, based on number of low back pain cases were maximum among normal (50%) BMI category.

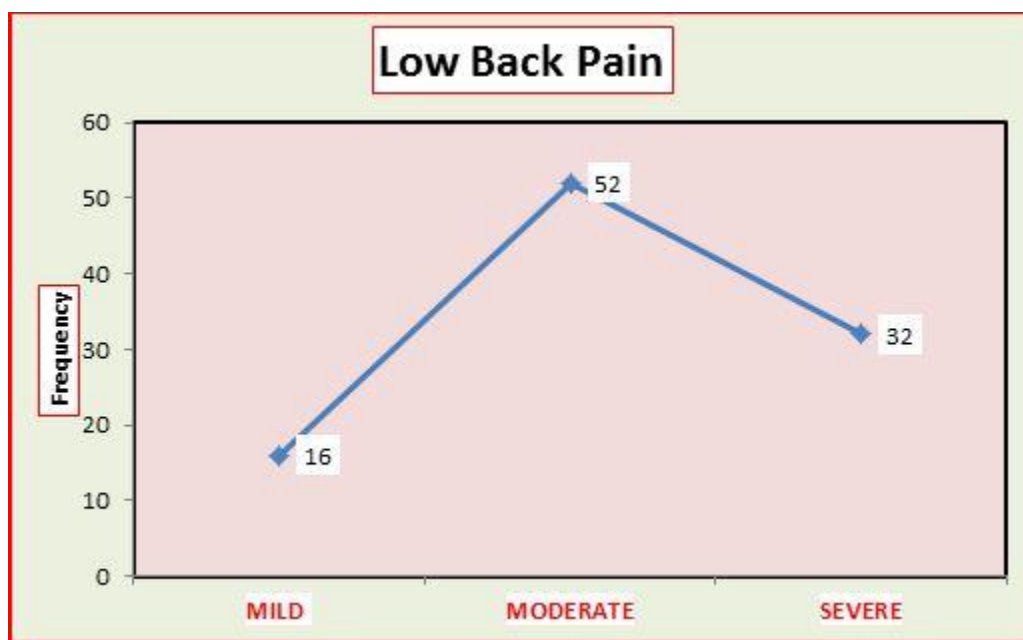


Figure 3 shows results out of N=100, 15% mothers are having Mild low back pain, 52% mothers are having Moderate low back pain, 32% mothers are having Severe low back pain.

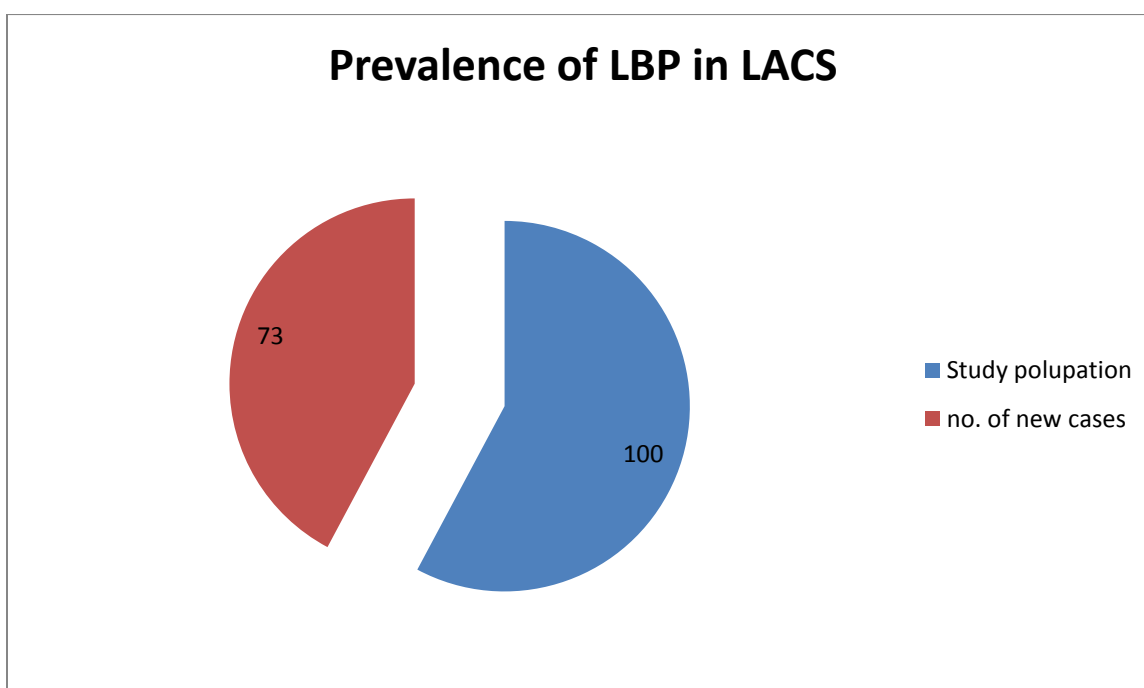


Fig.4 shows prevalence of LBP in LACS n=100, 73% is prevalence of LBP in LACS.

## DISCUSSION

Post pregnant women generally present with pain localized at low back pain during and after pregnancy. Our study shows that among 100 samples, 15 are having Mild low back pain, 52 are

having Moderate low back pain and 32 are having Severe low back pain.

Increased BMI may also be a risk factor for low back pain. A study by Morgan et al suggests increased incidence of backache among those with higher BMI. Also females with previous lumbar

problems can experience severe chronic pain during and after pregnancy.

Another study suggested that the primary causes of back pain among LSCS mother are trauma to the skin, Muscles, ligaments or Nerves of the back due to insertion of spinal needle. The second cause is known as a post-dural puncture headache in which a gradual leak of cerebrospinal fluid results in headache and neck pain that worsens when the mother sits or stands, and resolves when lies flat. A surprisingly high number of clients attending pain clinics in Scotland and north England attributed their pain to a surgical event (Iohom & Shorten, 2003). Many number of women with back pain after LSCS even after 6 or 7 years when they strain Sudden lower back pain years after epidural or spinal anesthesia is more likely to be caused by a recent injury, heavy lifting, poor posture or positioning (such as during sleep or while carrying abackpack), or stress on the bones or muscles. Majorly, almost all pregnant women complain about back pain after spinal anesthesia which is the unique risk factor for back pain caused due to Cesarean birth [38].

In our study C-section mothers greater low back pain then Normal delivery. This indicates that the presence of low back pain during or after

pregnancy is a common problem that should not be ignored.

## CONCLUSIONS

The study concludes that incidence of low back pain is much greater in post pregnant females. Based on type of pregnancy C-section reported higher incidence. Also presence of severity further contributes to the low back pain results.

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