

研究業績 英文表記

和文	
表題	筋骨格系の代償は産後の骨盤痛のリスクになるか:レビュー論文
著者名	坂本飛鳥 ¹⁾ 蒲田和義 ²⁾
所属	1)西九州大学 2)株式会社 GLAB
英文	
Title	Are pelvic stabilizing exercises effective for postpartum pelvic girdle pain: A literature review
Author	Asuka Sakamoto, PhD1, 2), Kazuyoshi Gamada, PhD1
Affiliation	1) Graduated School of Medical Technology and Health Welfare Sciences, Hiroshima International University: 555-36 Kurosegakuendai, Higashihirshoshima-shi, Hiroshima 739-2631, Japan 2) Faculty of Rehabilitation Sciences, Nishikyushu University, Japan
Abstract	<p>Abstract. [Purpose] The aim of this literature review was to detect the factors associated with pelvic girdle pain persisting for over 3 months in the postpartum period. [Methods] We performed a broad literature search for eligible studies published before May 1, 2018 using electronic databases and processed the data using a review process. [Results] In the initial online search, we identified 12,174 potential studies. Finally, 22 studies met the specified criteria and were included for examination of risk factors for persistent pelvic girdle pain after delivery. Pain intensity and disability during pregnancy were risk factors for pelvic girdle pain persisting for over 6 months after delivery. The active straight leg raising test predicted the risk of persistent pelvic girdle pain after delivery. Dysfunction of the pelvic floor muscles was also a risk factor for persistent pelvic girdle pain. [Conclusion] Pain intensity and disability during pregnancy, positive provocation tests, active straight leg raising test, and musculoskeletal mechanics were positively associated with pelvic girdle pain persisting for over 3 months after delivery.</p>
keyword	Postpartum women, Persistent pelvic girdle pain, Risk factors

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