

研究業績 英文表記

和文	
表題	出産後 12 か月の腰痛・骨盤帯痛の自然経過とその危険因子
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英文	
Title	Natural History for Persistent Low Back and Pelvic Girdle Pain in Japanese Women 12 months after Childbirth: A Longitudinal Pilot Study
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Abstract	<p>Background: European studies indicated that positive signs on pain provocation tests during pregnancy and high values on the Disability Rating Index (DRI) in the third trimester of gestation are risk factors for persistent low back pain (LBP)/pelvic girdle pain (PGP) in postpartum. Because race, delivery method, and lifestyle differ between Europe and Japan, it is unclear, whether postpartum women in Japan follow the same natural course.</p> <p>Aims: The purpose of this study was to determine the natural course and risk factors for LBP/PGP 12 months after delivery in Japanese women.</p> <p>Methods: 49 subjects were enrolled in this longitudinal pilot study. Longitudinal data were collected from serial questionnaires regarding LBP/PGP completed between day 1 and 12 months after delivery. Outcomes consisted of a Visual Analog Scale (VAS) score for pain, pain locations, the Pelvic Girdle Questionnaire (PGQ), and the Edinburgh Depression Scale. The Friedman test and multiple logistic regression analysis were utilized for a statistical analysis.</p> <p>Results: The PGQ score ($p < .001$) and maximum VAS values ($p = .03$) significantly decreased between day 1 and 12 months after delivery. Although 83% of women reported persistent LBP/PGP even 12 months after delivery, none of the independent variables correlated with persistent pain in this study.</p> <p>Conclusions: Pain progressively diminished from day 1 to 12 months after delivery. Those who had constant LBP/PGP during pregnancy showed high PGQ scores from day 1 to 13 weeks after delivery. The PGQ score and degree of pain during pregnancy may correlate with early postpartum pain.</p>

keyword	Persistent low back pain, persistent pelvic girdle pain, postpartum, risk factors
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