

研究業績 英文表記

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表題	妊娠中の骨盤アライメントと姿勢が産後の腰痛、骨盤痛に関係があるか？システムティックレビュー
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英文	
Title	Association of Pelvic Alignment and Posture in Pregnancy with Lower Back or Pelvic Girdle Pain During Postpartum Recovery: Myth or Reality? A Systematic Review
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Abstract	This review systematically examined features of changes in pelvic alignment during pregnancy and postpartum recovery, and clarified the relationship between changes in pelvic alignment or posture and LBP or PGP. Method: A literature search was performed to identify all published articles focusing on the association between posture, pelvic alignment, and LBP or PGP during pregnancy and the postpartum period. Observational, longitudinal, cross-sectional, or case studies that focused on changes in pelvic alignment or posture in pregnancy and postpartum recovery, as well as relationships between those changes and LBP or PGP were included. Study selection was conducted by three reviewers. Overall risks of bias of each article were examined using the RoBANS. Results: 1,974 studies were identified, but only 18 articles met the criteria for inclusion in this review. Ages ranged from 18 to 48. Most studies had little risk of bias, according to RoBANS. These studies investigated how changes or the lack of change in posture and pelvic alignment related to LBP or PGP. Conclusion: Changes in pelvic alignment and posture during pregnancy may persist into the postpartum period. It was not possible to conclude that changes in posture and pelvic alignment are related to LBP or PGP, as many of the studies we reviewed included small sample sizes, and some studies used methods of low reliability. Thus, further study employing greater methodological stringency is required to resolve these questions.
keyword	Changes in pelvic alignment; Changes in posture; Pregnancy; Postpartum; Low back pain; Pelvic girdle pain

※本データの英文表記は実際の論文上の表記とは異なります。