

# Effectiveness of Hypopressive Exercises versus Spinal Graded Exercises on Pain among Postpartum Mothers with Low Back Pain

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## Abstract

**Background/Introduction:** Low Back Pain (LBP) is considered to be the most salient feature during the postpartum period. The incidence of postpartum symptoms peculiarly back pain varies from women to women with vanishing of symptoms in over 60% in two days postpartum to as high as 82% at 18 months. This condition is frequently very stressful, resulting in decreased in quality of life of the mother.

**Aim of the Study:** The aim of the study is to find the effectiveness of Hypopressive exercise and Spinal graded exercises on pain among postnatal mothers with Low Back Pain.

**Methods:** 14 mothers clinically pre diagnosed with Low back pain were included in the study. Subjects were randomly allocated. 14 mothers (between age group of 25-35 years) were selected and divided into 2 groups with informed consent the protocol was explained to the subject.

Intervention Group A (n = 7) was given Hypopressive exercises for 3 sessions per week for 4 weeks. This session lasted between 30 to 40 minutes and Intervention Group B (n = 7) was given Spinal graded exercises to perform for 3 sessions per week for 4 weeks. The outcome measure of the exercise was measured using Visual Analog scale, Oswestry disability index for pain and disability respectively. Results were tabulated using statistical analysis.

**Result:** The analysis shows that the significant value (p-value) for both intervention A and intervention B  $P < 0.0001$ . The mean value of the outcome measure VAS and ODI shows that Hypopressive exercises (VAS A = 2.66) and (ODI A = 4.67) is more effective than the Spinal Graded exercises (VAS B = 2.09) and (ODI B = 3.66).

**Conclusion:** This study concluded that both groups showed significant improvement but group A (Hypopressive exercise) is more effective than group B (Spinal graded exercise).

**Keywords:** Hypopressive Exercises; Low Back Pain; Oswestry Disability Index (ODI); Postnatal Mothers; Swiss Ball Exercises