

Special Populations - Pregnancy



- A 2014 prospective cohort study of pregnant women with low back pain found that most pregnant patients undergoing chiropractic treatment reported clinically relevant improvement at all time points. Patients reported no serious adverse events.¹
- A 2014 systematic review found that for LBP in pregnancy, “two acupuncture studies with low risk of bias showed both clinically important changes and statistically significant results. There was evidence of effectiveness for osteopathy and chiropractic. However, osteopathy and chiropractic studies scored high for risk of bias. Strength of the evidence across studies was very low.”²
- A 2014 systematic review found that “all included studies on exercise therapy, and most of the studies on interventions combined with patient education, reported a positive effect on LBP in pregnancy.” It stated that 5 studies using manual therapy (manipulation, mobilization or massage) reported positive effects, but due to multiple interventions (including exercise) the effects of manipulation alone could not be separated out.³
- A 2013 Cochrane review summarized a number of CAM treatments for LBP and pelvic pain in pregnancy. Low-quality evidence supports exercise. Adding any of the following to exercise was beneficial to pelvic and back pain: physical therapy, OMT, acupuncture, a multi-modal intervention including manipulation, or a rigid pelvic belt.⁴
- A 2013 RCT conducted by George et al. concluded, “A multimodal approach to low back and pelvic pain in mid pregnancy benefits patients more than standard obstetric care.”⁵
- A 2012 systematic review on adverse events related to spinal manipulation during pregnancy and postpartum stated: “There are only a few reported cases of adverse events following spinal manipulation during pregnancy and the postpartum period identified in the literature. While improved reporting of such events is required in the future, it may be that such injuries are relatively rare.”⁶

References

1. Peterson CK, Muhlemann D, Humphreys BK. [Outcomes of pregnant patients with low back pain undergoing chiropractic treatment: a prospective cohort study with short term, medium term and 1 year follow-up.](#) *Chiropr Man Therap.* 2014;22(1):15. **FREE FULL TEXT**
2. Close C, Sinclair M, Liddle SD, Madden E, McCullough JE, Hughes C. [A systematic review investigating the effectiveness of Complementary and Alternative Medicine \(CAM\) for the management of low back and/or pelvic pain \(LBPP\) in pregnancy.](#) *J Adv Nurs.* 2014 Aug;70(8):1702-16.
3. van Benten E, Pool J, Mens J, Pool-Goudzwaard A. [Recommendations for physical therapists on the treatment of lumbopelvic pain during pregnancy: a systematic review.](#) *The Journal of orthopaedic and sports physical therapy.* Jul 2014;44(7):464-473, A461-415.
4. Pennick V, Liddle SD. [Interventions for preventing and treating pelvic and back pain in pregnancy.](#) *Cochrane Database Syst Rev.* 2013;8:CD001139.
5. George JW, Skaggs CD, Thompson PA, Nelson DM, Gavard JA, Gross GA. [A randomized controlled trial comparing a multimodal intervention and standard obstetrics care for low back and pelvic pain in pregnancy.](#) *Am J Obstet Gynecol.* Apr 2013;208(4):295 e291-297.
6. Stuber KJ, Wynd S, Weis CA. [Adverse events from spinal manipulation in the pregnant and postpartum periods: a critical review of the literature.](#) *Chiropr Man Therap.* 2012;20:8. **FREE FULL TEXT**