

Impact of Diastasis Recti Abdominis and Low Back Pain on Quality of Life in Post-Partum Female

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Abstract

Introduction: The separation of the two rectus abdominis muscle along with linea alba is called diastasis recti abdominis. Diastasis recti is common in Post-partum females. In Post-partum period Low back Pain is very common which lead to daily activity limitation. Post-Partum women complaint regarding there usual activities, mobility, pain, which affect the quality of life in individual.

Aim: To study the "Impact of diastasis recti and low back pain on quality of life in post-partum females"

Method: This study will be carried out in Physiotherapy OPD, Ravi Nair Physiotherapy College and AVBRH, Sawangi (Meghe), Wardha. Diastasis recti will be evaluated in Post-partum females. Impact of Diastasis recti and Low back pain on Quality of Life in post-partum female. Low back pain is going to asses with the help of Modified Oswestry low back pain disability questionnaire .And quality of Life with the help of Maternal postpartum questionnaire

Results: Study yet to be commenced.

Conclusion: Conclusion will be published after the result are analysed.

Keywords: Diastasis recti, Post-Partum female, Low back Pain, Quality Of Life.

Introduction

Diastasis recti abdominis is defined as the separation of the two rectus Abdominis muscle along the linea alba¹. Mechanical effect of pregnancy on the Abdominal musculature is mediated hormonally in diastasis rectus abdominis¹. Diastasis recti abdominis occur due to weakening of anterior abdominal wall due to mechanical strain¹. The space form in diastasis recti abdominis due to Separation of linea alba is Inter-recti abdominis¹. Measurement of diastasis recti done with the help of dial

caliper⁸. In postpartum period diastasis recti Abdominis is more common¹. 4th Stage of Labor is sometimes referred to as postpartum⁵. Post-partum extend up to 6 month after giving birth⁵. Risk factor mainly occur in post-partum women generally include physical health risk⁵. Diastasis recti is seen 68% immediately after post-partum³. At the 8 week of Post-partum the inter-recti distance resolve gradually with the time and with Individual validity¹. At 12-14 week of post-partum and 6 month of postpartum mota et al asses inter-recti abdominis¹. The universal health problem for all age group is low back pain, of these Postpartum low back pain is the more common and which lead to daily activity limitation⁶. More than 6 month of postpartum more prone to diastasis recti. It may change posture and give more back strain, which lead to reduce strength and function that lead to occur of low back pain⁷. With in half a year after delivery 4 out of 10 women report of persistent low back pain and 20% of women with back pain report persistent symptom

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at the 3 year of postpartum². Lumbopelvic pain occur in pregnant women which may persist or arise after delivery⁴. Women with diastasis recti often experienced back pain. To provide the proper support to the trunk and spine our body require strong and intact abdominal muscles. During activity more demand gets place on the spine because of improper support from the abdominal muscle so pain begin at the spine⁹. Post-partum women report complaint regarding mobility, Self-care, usual Activities, pain or discomfort which affect quality of life in individual. At the end of 1st month there is limited problem in the women and can perform usual activities⁵.

Rationale:

Various studies have been undertaken which concluded that diastasis recti is

one of the cause for prevalence of low back pain in postpartum women even

after 1 year of delivery resulting in persistence of symptom of low back pain

that affecting the functional activity of female which can hamper quality of life

therefore need was felt to carry out the current study to find the effect of

Diastasis Recti on Quality of Life in Postpartum women with Low back pain.

Objectives:

1. To Evaluate of width of diastasis recti
2. To Evaluate of low back pain
3. To Assess quality of life using
4. To find association of diastasis recti with low back pain
5. To correlate diastasis recti with QOL.
6. To correlate low back pain with quality of life quality of life.

Methods

Study design: Observational study

Study setting: AVBRH Hospital and Physiotherapy

OPD.

Participants:

Inclusion Criteria:

1. Females with diastasis recti
2. Upto 6 months post-partum females
3. Post – partum Females having low back pain
4. Age 20 to 35 years

Exclusion Criteria:

1. Females with lower limb radiculopathy
2. Females with PIVD or Stenosis

Variable:

1. Width of diastasis recti
2. Severity of Low back pain
3. Quality of life score

DATA SOURCE / MEASUREMENT:

For diastasis recti – width of gap between the two bellies of Rectus Abdominis will be measured using digital caliper

For severity of Low back pain – score of Modified Oswestry low back pain disability questionnaire will be measured

For Quality of life – Score of Maternal postpartum questionnaire will be measured

Bias: Subjects not fulfilling the selection criteria will be excluded from the study to prevent bias

Study size: 175

Statistical method: Simple random sampling

Result: Upon completion of the study results, statistical analysis will be estimated.

Discussion

The current study is carried out to find the impact of diastasis recti and low back pain on Quality of life in postpartum females. Various studies carried out have

reported back pain can affect the quality of life. The weak abdominal result in imbalance of muscle support to the trunk and can overstress the back muscle causing back pain, in postpartum females due to pregnancy the abdominal muscles are stretched causing weakness and even separation of rectus muscle if this persists support to the trunk may be compromised causing back pain and this may prevent female from carrying out various activities even taking care of her newborn and may affect her Quality of life. Thus, current study aims to find out effect of diastasis recti and low back pain on quality of life in postpartum females

Key results: Diastasis recti, Post-Partum female, Low back Pain, Quality Of Life.

Limitation: It might be difficult to convince patient for being a part of this study.

Generalizability: Study not done yet.

Conflict of Interest: There is no conflict of interest.

Source of funding: No funding needed

Ethical Clearance: Being an observational study institutional ethical committee permission was taken.

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