BJEC I E

Attendees will understand that the various CAM treatments available as defined b the National Center for Complementar and Integrative Health

Attendees will understand the various categories of post partum related pain and what t pes of CAM treatments are effective in managing pain

Attendees will understand the relevance of CAM treatments which are safe effective and included under the PT scope of practice

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Search Terms:

postpartum OR postnatal AND pain AND RCT OR random control trial OR random clinical trial

Databases

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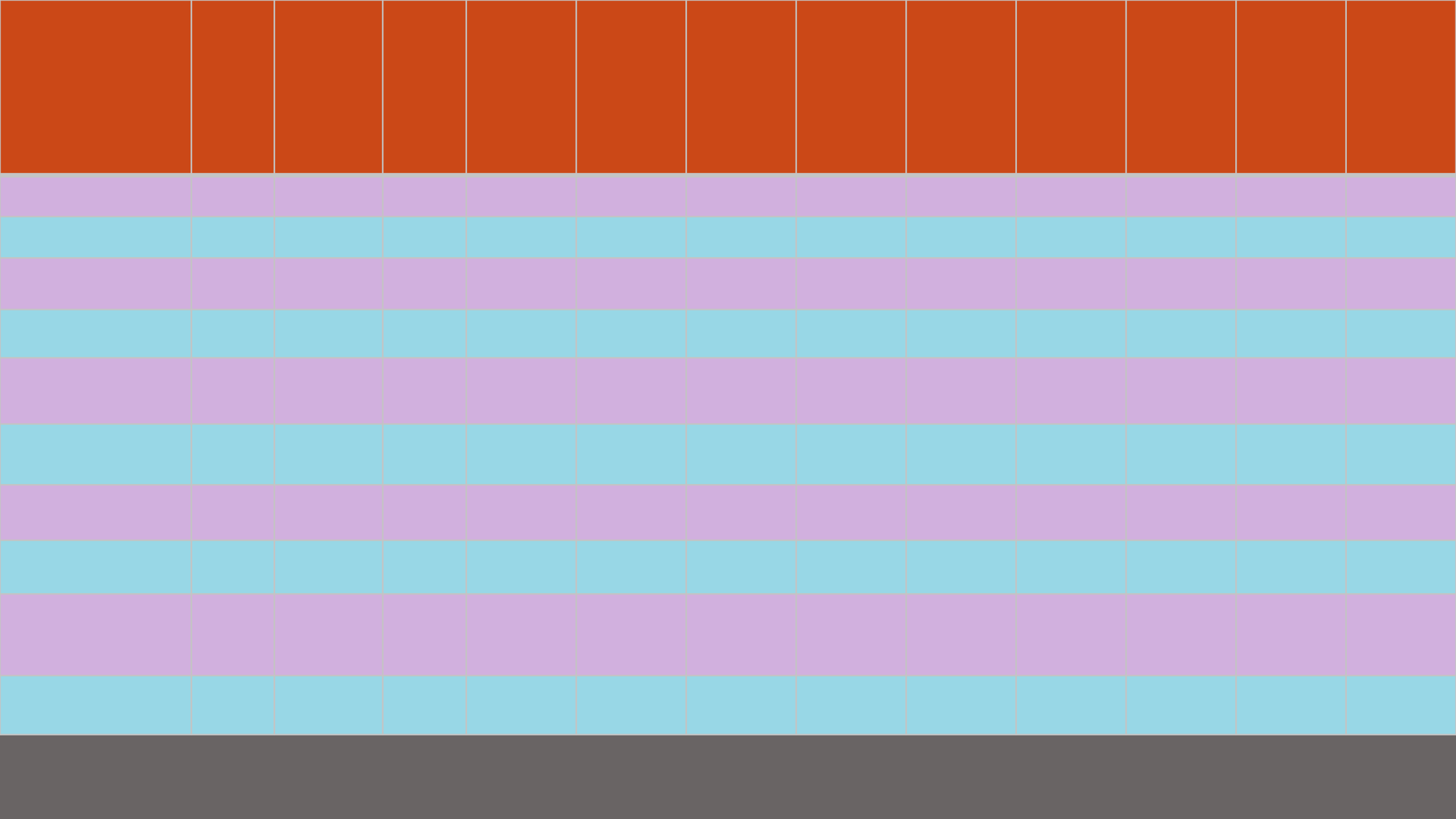
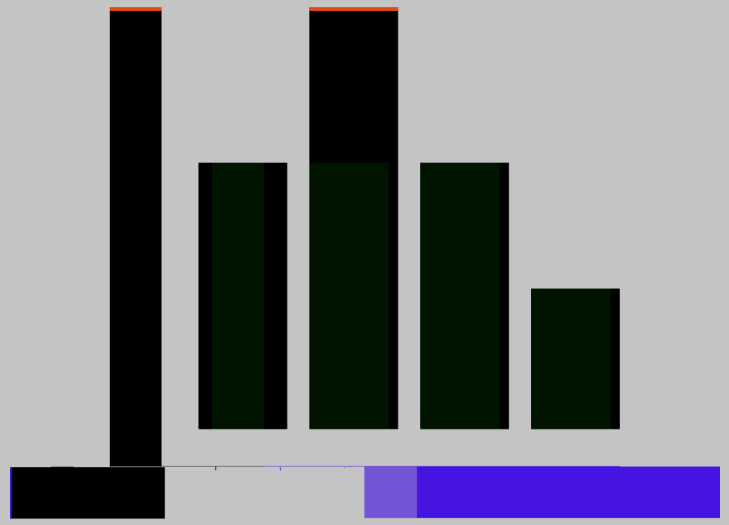
STUDY!"#$	Eligibility Criteria											





RESULTS

E C

Breast nipple pain statisticall significant

Perineal pain

Pelvic girdle pain

Low Back Pain LBP

General postpartum pain

Post Cesarean Pain PCP

TABLE 1: Results for Breast/Nipple Pain Pre- & Post-Treatment using the ! "#

	Mean VAS Pre-treatment	SD	N	Mean VAS post-treatment	SD	N

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Statisticall significant between group reductions in when treated with

6

7

8

9

10

TABLE A R P P P T A

	M VAS NPRS P	SD	N	M VAS NPRS P	SD	N
6	p			p		
7	p			p		
8	p			p		
9	p			p		
	p			p		

TABLE B R P P P T M

	M P	SD	N	M P	SD	N
10	p			p		

Perineal area b a a a a

b da a d cc d b a a d a

d c a d c

A A

N N

F M G M

! "#$%&#'() "%*+,(-+./%"()0+1

Ga a

No significant difference was found between or within groups.

TABLE 4: Results for lumbar mobilization for postpartum PGP (Gausel, et al.[11])

	M a VAS P a	M a VAS P a
Ga a		

V a A a Sca VAS

B

G A a
a a
a a a

G B a a
a a a
a

G C a a
a a a
a

A a a a

TABLE : Results for lumbar mobilization for postpartum LBP Kamel, et al.)

	Mean VAS Pre-treatment	SD	N	Mean VAS Post-treatment	SD	N
Group A	**7.2 pts**	1.0 4				

TABLE : Results for osteopathic manipulative therapy OMTh) in women with postpartum LBP Schwerla, et al.)

	Mean VAS Pre-treatment	SD	N	Mean VAS Post-treatment	SD	N
OMTh Group	**7.3 pts**	0.9	40	**2.0 pts**	1.6	38
Control Group	**7.0 pts**	1.0	40	**4.2 pts**	3.1	39

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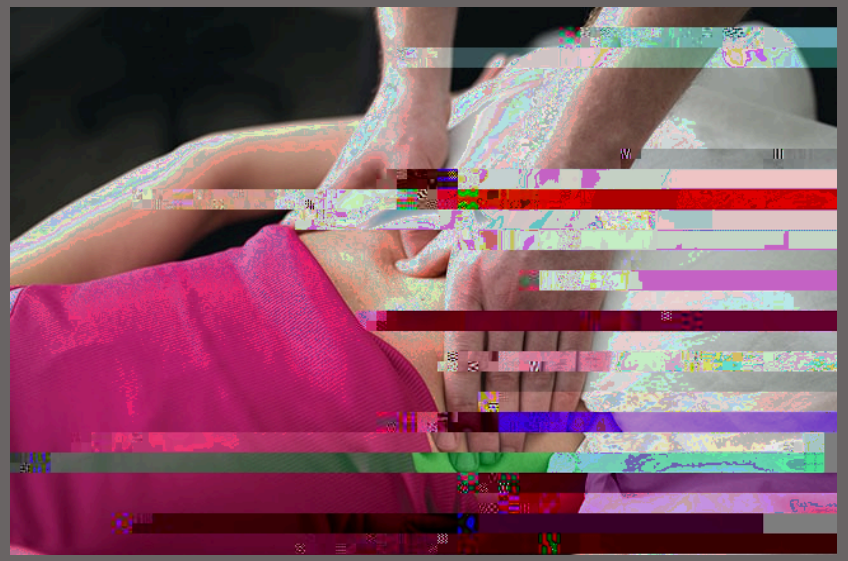

TABLE : Results for back massage interventions for LBP in puerperal women Lee, et al.)

	Mean VAS Pre-treatment

Re l Ge e al P Pa Pai

- **Acupressure** A [15]
  - Labor pain reduction is made b reduction of an iet level and probabl acupressure can cause release of internal opiates and as a result pain reduction

- **T C a ca M c** [16]

Abdominal Binde [17]

Pa c abd a
b d a
c a d c
a b

Ma age [18]

Pa c c d
a a a d
c a d c
a b

TABLE : Results for Post-Cesarean Pain Pre- & Post-Treatment using the VAS

	Mean VAS Pre-treatment	SD	N	Mean VAS Post-treatment	SD	N
Ghana et al.	**9.0 pts**	3.07	89	**2.0 pts**	0.74	89
Saatsaz et al.	**5.1 pts**	0.89	52	**3.2 pts**	0.64	

CONCLUSIONS

I I A I

S a a

La b

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La a

F E E EA CH

Determine optimal treatment parameters for CAM use

a n d o □ □ □ □ □ □

QUESTIONS?

D H H A N C C I H

B G K KJ G