

Evaluation Guide: LBP during Pregnancy/Postpartum

Subjective

Pregnancy:

- How far along are you?
- Is this your first pregnancy?
- Are you carrying more than one fetus?
- Recent falls?
- Current physical activity level?
- Currently using maternity support devices?
- Prenatal care?

Postpartum:

- Did you have a vaginal delivery or c-section?
- Were there any complications with the birth?
- Is this your first birth?
- Are you experiencing urinary or fecal incontinence?
- Postpartum mood?
- Breastfeeding positions?
- Lactation status?

Objective

Pregnancy & Postpartum:

- AROM
- PROM
- Strength
- Sensation
- Balance
- Posture
- Gait
- Hip Assessment
- Thoracic Spine Assessment
- Lumbar Spine Assessment
- Abdominal Assessment
- Sacral Assessment

Differential Diagnosis List

Pregnancy Related Low Back Pain (PLBP)
Pelvic Girdle Pain
Diastasis Recti Abdominis
Lumbar Discal Pathologies
Hip Pathologies
Coccydynia
SIJ Pain
Pubic symphysis Pain
Lumbar Radiculopathy

Potential Intervention Ideas

- Transverse Rectus Abdominis Activation
- Multifidus Strengthening
- Core Stabilization
- LE strengthening
- Postural Exercises
- Lifting Mechanics
- Breathing Exercises
- Manual Therapy
- Biofeedback
- Taping
- Maternity Support Garments (Binding, Belts, etc)
- Patient Education

Resources

- [Simonds AH, Abraham K, Spitznagle T. Clinical practice guidelines for pelvic girdle pain in the postpartum population. J Womens Health Phys Therap. 2022;46\(1\):E1-E38. doi:10.1097/JWH.0000000000000236](#)
- [14.Clinton SC, Newell A, Downey PA, Ferreira K. Pelvic girdle pain in the antepartum population. Journal of Women's Health Physical Therapy. 2017;41\(2\):102-125. doi:10.1097/JWH.0000000000000081](#)
- [14.Critchley CJC. Physical therapy is an important component of postpartum care in the fourth trimester. Phys Ther. 2022;102\(5\). doi:10.1093/ptj/pzac021](#)
- [15.Selman R, Early K, Battles B, Seidenburg M, Wendel E, Westerlund S. Maximizing Recovery in the Postpartum Period: A Timeline for Rehabilitation from Pregnancy through Return to Sport. Int J Sports Phys Ther. 2022;17\(6\):1170-1183. doi:10.26603/001c.37863](#)