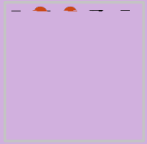




# BJEC | E



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



Attendees will understand the various categories of post partum related pain and what types 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







E

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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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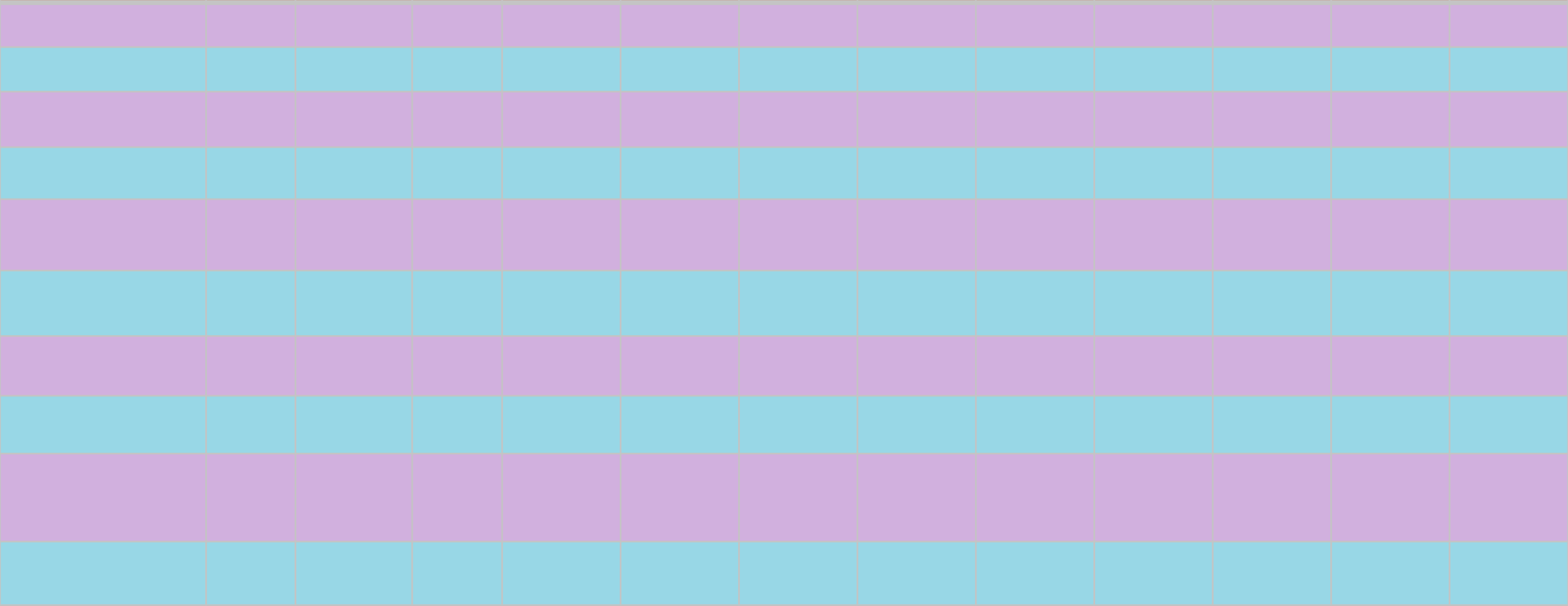
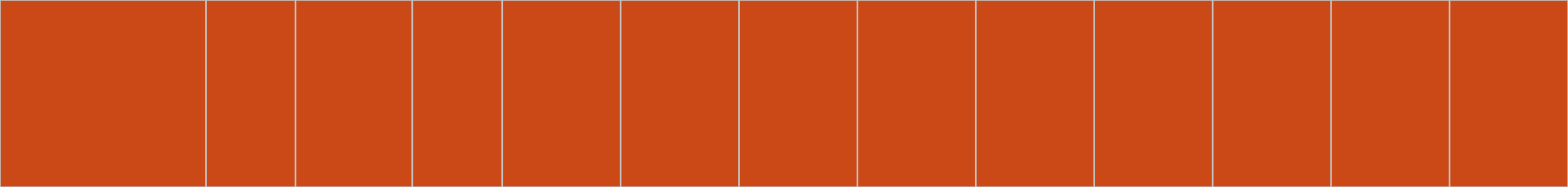
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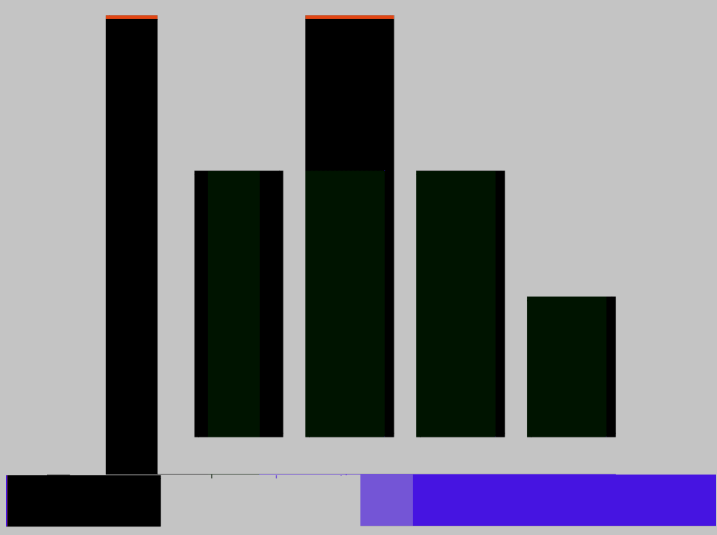
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# RESULTS

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			Mean VAS post- treatment		
SD	N		SD	N	

--	--	--	--	--	--

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Statistically significant  
 between group reductions in  
 with \_\_\_\_\_ when treated  
 with \_\_\_\_\_

6

7

8

9

10



TABLE A	R	P	P	P	T	<u>A</u>					
		M					M				
		VAS NPRS			SD	N	VAS NPRS			SD	N
		P					P				

6

p

p

7

p

p

8

p

p

9

p

p

p

p

TABLE B	R	P	P	P	T	<u>M</u>					
		M					M				
		P			SD	N	P			SD	N

10

p

p

Perineal area

b

b

a

a

a

a

a

b

da

a

d

cc

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N

N

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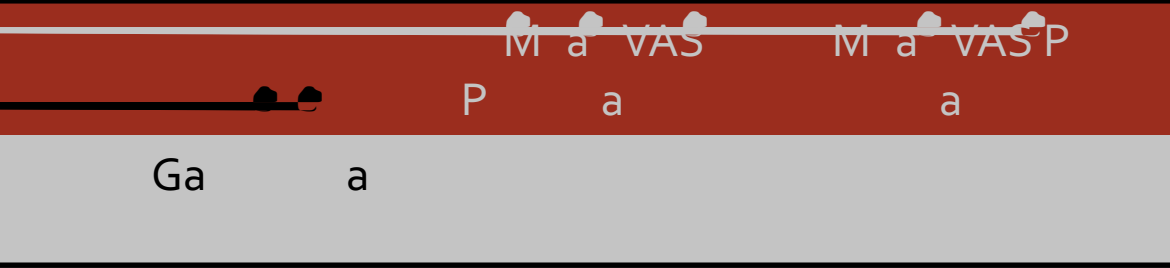
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TABLE 4: Results for lumbar mobilization for postpartum PGP (Gausel, et al.<sup>11</sup>)



No significant difference was found between or within groups.

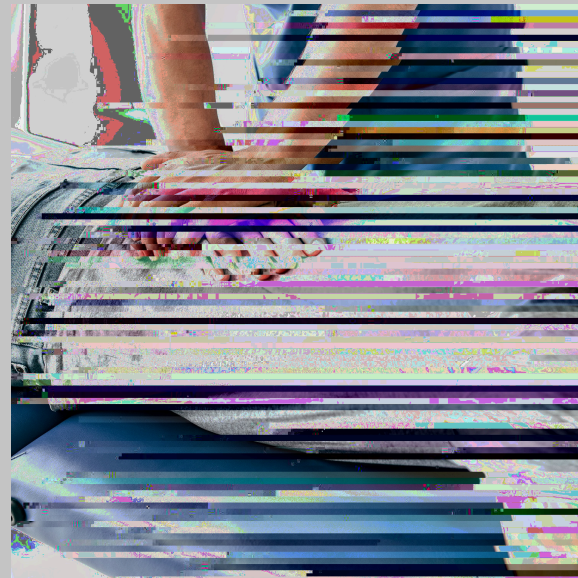
V a A a Sca VAS





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	<b>7.3 pts</b>	0.9	40	<b>2.0 pts</b>	1.6	38
Control Group	<b>7.0 pts</b>	1.0	40	<b>4.2 pts</b>	3.1	39



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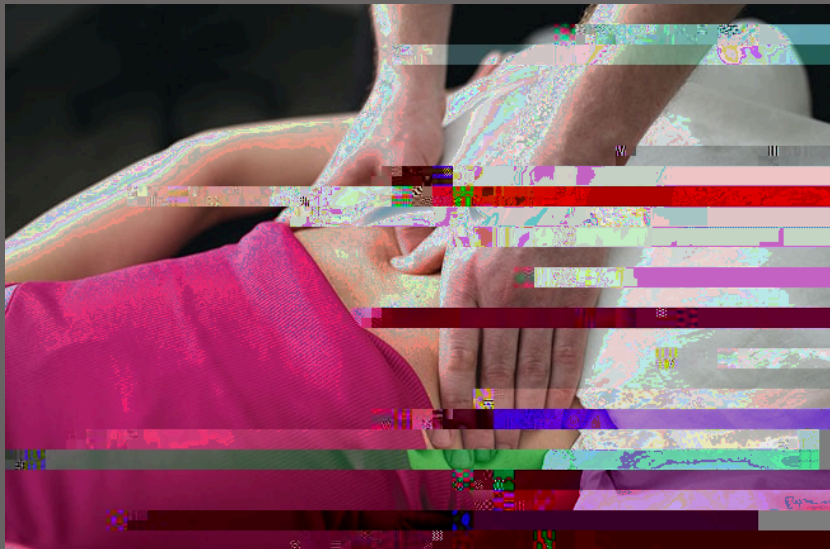


TABLE : Results for back massage interventions for LBP in puerperal women  
Lee, et al. )

Mean VAS Pre-treatment

Re | 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** Ca ca M c  
16



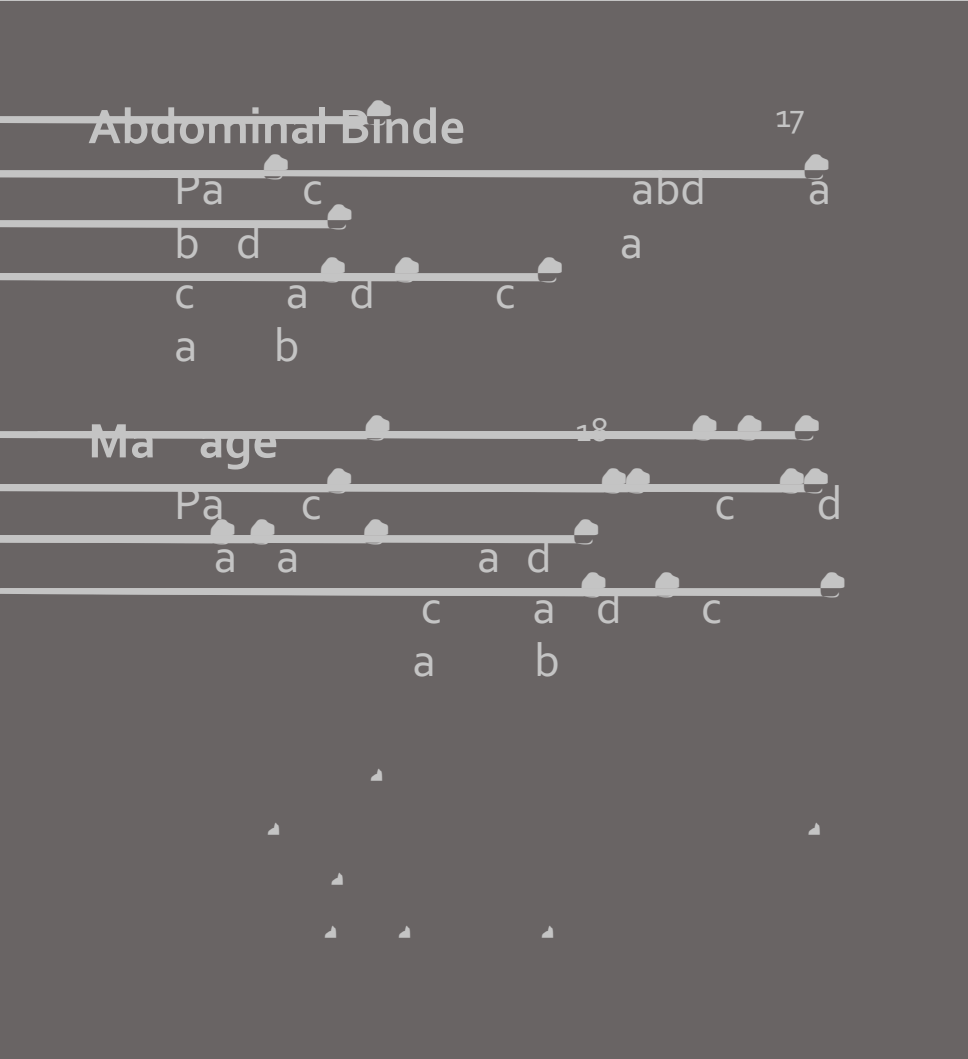
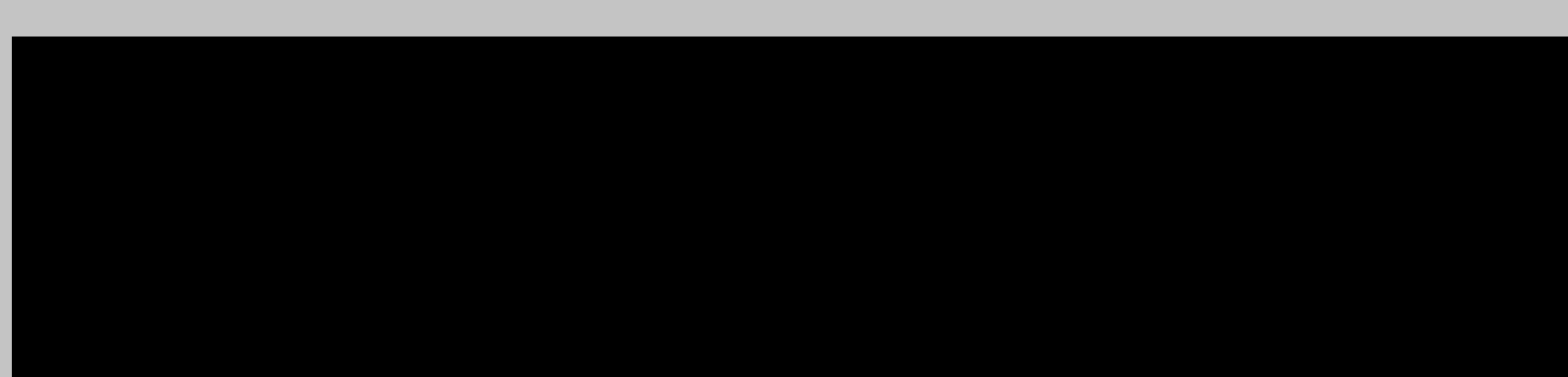
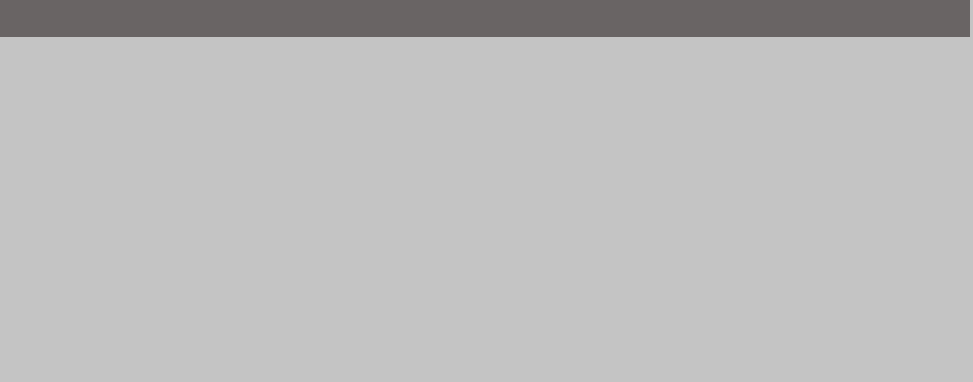


TABLE : Results for Post-Cesarean Pain Pre- & Post-Treatment using the VAS

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



# CONCLUSIONS



| | A |

S a a

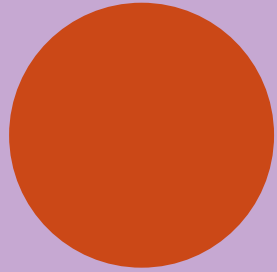
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F E E EA CH



Determine  
optimal treatment  
parameters for  
CAM use

a n d o ? ? ? ? ? ?









QUESTIONS?



D H H A  
B G K KJ G

N C C I H

