

# Usual care in pelvic physiotherapy in patients with pelvic girdle pain

No registrations found.

<b>Ethical review</b>	Positive opinion
<b>Status</b>	Recruiting
<b>Health condition type</b>	-
<b>Study type</b>	Interventional

## Summary

### ID

NL-OMON26047

### Source

Nationaal Trial Register

### Health condition

pelvic girdle pain, pelvic floor, questionnaires, Electromyography

## Sponsors and support

**Primary sponsor:** LUMC

**Source(s) of monetary or material Support:** Dutch association of Pelvic Physiotherapy

## Intervention

## Outcome measures

### Primary outcome

Changes at the NPRS

### Secondary outcome

changes on the EMG signal

Measurements in VBA forward and sidebend

Changes in the PelFis, PSK, QPBDS

Changes in Ultrasound

## Study description

### Background summary

The goal of this study is to investigate the effect of a pelvic physiotherapeutic /manual therapeutic treatment (usual care) in patients with PGP (subgroups reduced force closure and excessive force closure) and the influence on EMG signals of the pelvic floor

Objective of the study:

The influence of mobilisation of the sacroiliacal joint and an stabilizing or relaxation exercise program on pain, the function of the pelvic floor, the m. Transversus Abdominus and functional state in patients with pelvic girdle pain.

Study design:

This is a longitudinal study in which patients with pelvic pain, subgroups reduced and excessive force closure, receiving a usual care pelvic physiotherapeutic /manual therapeutic treatment (mobilization of the sacral iliac joint and a stabilizing or relaxing exercise program) are followed.

Design:

Randomized Controlled Trial with two groups, an intervention group and a control group.

The intervention group gets alongside a stabilizing or relaxing exercise program and mobilization of the sacral iliac joint. The control group will receive a stabilizing or relaxing exercise program during the first 6 weeks. After 6 weeks, they also receive the mobilization of the sacral iliac joint. The patients are randomly divided over the two groups.

### Study objective

Low back and pelvic pain (LRP / BP) during and after pregnancy is common in the Netherlands. In women who having a history of LRP / BP shows a point prevalence of 88.5% during pregnancy that decreases to 53.8% two weeks after delivery. In women without such a history one can find a point

prevalence

67.4 % during pregnancy decreasing to 28.1% two weeks after delivery (1). Pelvic pain during

pregnancy has an incidence of 20.1%. At 62.5 % of this group, the pain disappeared within one month

childbirth. In 8.6% of women, the pelvic pain persists for two years after delivery.

Pelvic pain during pregnancy often leads to limitations in daily life and absenteeism.

Despite the amount of research that has been done, the diagnosis and classification of pelvic pain remains

controversial. To date, for the majority of pelvic pain disorders, there is no clear evidence pathological-anatomical substrate found.

Little research has been done into the treatment of pelvic pain.

In our practice patients with pelvic pain regularly come. From clinical experience seems a combination of

mobilization and a stabilizing or relaxing exercise program of the local and global musculature

to be. It is therefore of great importance to substantiate this scientifically.

## **Study design**

3-6-12 months

## **Intervention**

mobilisation of the sacro-iliac joint and a stabilizing or relaxing exercise

## **Contacts**

**Public**

**Scientific**

## **Eligibility criteria**

### **Inclusion criteria**

patients with pelvic girdle pain pre- and postpartum

## Exclusion criteria

Adherence

Not able to speak or read Dutch

Sacroiliitis,

History of fractures, neoplasms and / or surgery, in the lumbar spine, pelvis or hip radiculopathy

> 30 weeks pregnant

## Study design

### Design

Study type:	Interventional
Intervention model:	Parallel
Allocation:	Randomized controlled trial
Masking:	Single blinded (masking used)
Control:	Active

### Recruitment

NL	
Recruitment status:	Recruiting
Start date (anticipated):	04-10-2018
Enrollment:	46
Type:	Anticipated

## Ethics review

Positive opinion	
Date:	11-11-2018
Application type:	First submission

## Study registrations

### Followed up by the following (possibly more current) registration

ID: 53037

Bron: ToetsingOnline

Titel:

### Other (possibly less up-to-date) registrations in this register

No registrations found.

### In other registers

Register	ID
NTR-new	NL7349
NTR-old	NTR7614
CCMO	NL57765.058.17
OMON	NL-OMON53037

## Study results