

PREGNANCY-RELATED LOW BACK AND PELVIC GIRDLE PAIN

Pregnancy-related low back and/or pelvic girdle pain is a common musculoskeletal complication in pregnancy, with up to 80% of women experiencing some degree of back pain during pregnancy or shortly after childbirth. While symptoms typically resolve within the first 3 months after the birth, a proportion of women go on to develop chronic symptoms. Persistent back pain or problems have major personal and economic burden, and there is a need to focus more specifically on back pain among pregnant women as they may be particularly vulnerable to experiencing these symptoms.

Currently, little is known about persistent back problems (i.e. low back and/or pelvic girdle pain) occurring to pregnant women in Canada. The purpose of this study is to explore how women experience back and/or pelvic pain during pregnancy and after childbirth, particularly the perceived impact of the condition on their maternity experience and postpartum health and wellbeing, and how they have coped with and the perceived barriers in accessing needed care.

If you are interested in participant in Post-partum Back and Pelvic Pain study, please see additional information [here](#) or contact:

Awe Oluwakemi,
School of Public Health
oluwakemi.awe@usask.ca
(306) 951 0248