***Exercise effectiveness in pregnancy related low back pain***

Abstract:

Objective: To investigate the effect of exercise during pregnancy on the intensity of low back pain . Method: A prospective randomized study was deigned. 30 women of 50 as exercise group participated in an exercise program three times a week during third trimester of pregnancy for 6weeks . All filled a questionnaire before and after 6 weeks of exercise for assessment of their back pain intensity .Result: Low back pain intensity was increased in the control group. The exercise group showed significant reduction in the intensity of low back pain after exercise . Conclusion: Exercise during third trimester of pregnancy significantly reduced the intensity of low back pain.