

# Is lumbopelvic pain in pregnancy under-reported?

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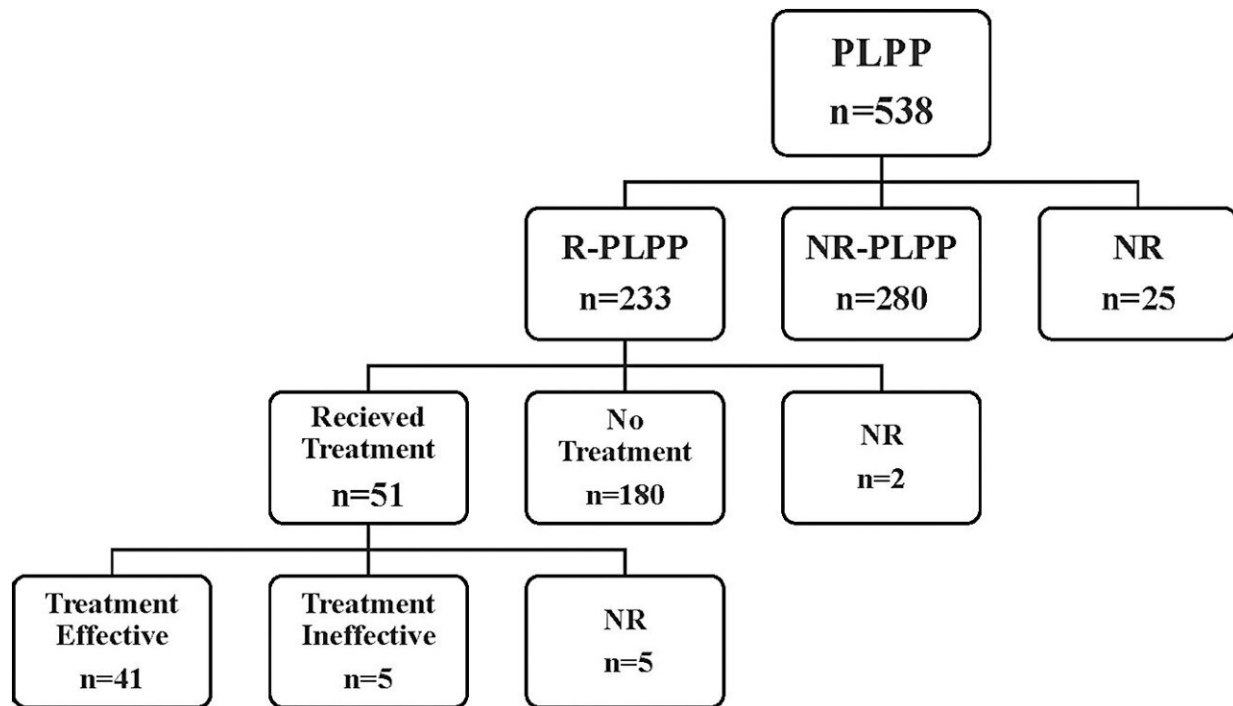


Diagram responses to questions for reporting lumbopelvic pain to HCP, receiving treatment and treatment effectiveness. HCP, health care provider; PLPP, pregnancy-related lumbopelvic pain; NA, no answer; NR-PLPP, no report of PLPP to HCP; R-PLPP, reported PLPP to HCP. Credit: *Journal of Women's Health* (2023). DOI: 10.1089/jwh.2022.0459

A new study has shown that pregnancy-related lumbopelvic pain is under-reported to health care providers (HCPs), and under-treated, even though

treatment is usually effective. The study, which found that difficulty with daily mobility and a later stage of pregnancy increased the likelihood of patients informing their HCPs, is published in the *Journal of Women's Health*.

Farah Hameed, MD, from Columbia University Irving Medical Center, and co-authors, reported that only 43% of 538 [pregnant women](#) who had lower back and [pelvic girdle pain](#) reported the pain to their HCP. Of those who reported lumbopelvic pain, 22% received treatment, of which 80% said that treatment was effective.

"Health care providers treating pregnant patients should ask about lumbopelvic pain, and if the pain is disruptive to activities of daily living, sleep, or quality of life, should offer treatment," says *Journal of Women's Health* Editor-in-Chief Susan G. Kornstein, MD, Executive Director of the Virginia Commonwealth University Institute for Women's Health, Richmond, VA.

**More information:** Farah Hameed et al, Is Pregnancy-Related Lumbopelvic Pain Reported to Health Care Providers?, *Journal of Women's Health* (2023). [DOI: 10.1089/jwh.2022.0459](https://doi.org/10.1089/jwh.2022.0459)

Provided by Mary Ann Liebert, Inc

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