



Submit in	09/11/2010
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Type of research	Original papers
Title of Abstract	Study on the effectiveness of a test-dependent osteopathic treatment for women with persistent post partum back pain. A randomized controlled trial
Text of ABSTRACT	<p>Objective: To investigate whether a series of test-dependent osteopathic treatments has a positive effect on persistent non-specific post partum back pain.</p> <p>Design: Randomized controlled trial using a "waiting list design".</p> <p>Materials and methods: Forty women (average age 34.5 y) with non-specific back pain post partum participated in the study. Back pain had to be present for at least three but not longer than 24 months, associated with pregnancy or birth. Twenty women were randomly allocated to the treatment group and twenty to the control group. The treatment group received four osteopathic treatments over an eight-week period. The women in the control group remained untreated during this period. A follow-up was conducted six weeks after completion of treatment. At any treatment session, actually diagnosed osteopathic dysfunctions were treated according to the principles of osteopathy. The main outcome measures were a) pain intensity as measured on a visual analogue scale (VAS), and b) changes in the activities of daily living (ADL) as measured with the Oswestry Pain Questionnaire (OPQ).</p> <p>Results: Mean between group differences of longitudinal changes of pain intensity as well as of the OPQ were statistically significant (-45.7, 95% CI=-33.8 to - 57.6, p < 0.001, and -17.7, 95% CI=-11.6 to -23.8, p < 0.001). In the treatment group the intensity of the pain measured on the VAS decreased from 68.3 to 20.6, which corresponds to an improvement of 70% (95% CI=-36.5 to -58.8, p < 0.001). No changes were observed in the control group (2.0, 95% CI=-6.6 to 2.7, p = 0.383). Similar results were observed for ADL. In the intervention group, the OPQ improved on average by 17.4 points, which corresponds to 62% (95% CI = -11.8 to -23.0, p < 0.001) as opposed to no changes in the control group (0.4 points, 95% CI=-2.5 to 3.1, p=0.808). A sensitivity analysis did not reveal any tested external factor to have a noticeable impact on these findings. In the follow-up 6 weeks after the end of treatment, a further improvement of the symptoms was noted in the treatment group.</p> <p>Conclusion: In this study a series of test-dependent osteopathic treatments for women with persistent, non-specific backache post partum resulted in a clinically relevant improvement of pain symptoms, and a reduction of ADL impairments. If these findings are confirmed, serial osteopathic treatments may mean new hope to women suffering from severe pain.</p>
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