

Case Control Study on the Association between Disability Due to Lower Back Pain and Pelvic Floor Dysfunction among Three to Six (3-6) Months Post-Partum Women

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Low back pain (LBP) is a common disorder which negatively influences the quality of life in postpartum women. The female body undergoes drastic changes during pregnancy and childbirth. The changes in the pelvic floor muscles lead to pelvic floor dysfunction (PFD) which may be linked with post-partum back pain. This study aimed to assess the association between the disability due to LBP and PFD among three to six months post-partum women attending MOH clinics in Sri Jayewardenepura municipal council area. A case control study was conducted with the participation of forty-four (44) postpartum women with LBP as the case group and eighty-eight (88) postpartum women without LBP as the control group. The level of disability experienced by the participants due to LBP was measured using the questionnaire Oswestry Disability Index (ODI). The PFD was measured using the questionnaire: Pelvic Floor Disability Index- 20 (PFDI-20). The data was analysed using SPSS software version 21. The mean values of the PFDI scores for the case and control groups were 52.56 ± 27.41 and 7.37 ± 7.69 respectively. The mean values of the ODI scores for the control group were 21.82 ± 7.9 and 0 respectively. The spearman correlation coefficient between the ODI and PFD depicted a strong positive association ($r=0.731$). There is a statistically significant association between the dysfunction due to LBP and the PFD among three to six months postpartum women attending MOH clinics in Sri Jayewardenepura municipal council area.

Keywords: *lower back pain, pelvic floor dysfunction, postpartum women, pelvic floor disability index-20, Oswestry disability*