

Effects of muscle energy technique along with phonophoresis versus only phonophoresis on pain and functional disability in post-partum women suffering from coccydynia- a comparative study

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Abstract

Introduction: Coccydynia is a term that refers to a painful condition in and around the coccyx. It mainly affects females prevalence being five times greater in women than in men. Approximately 14% of coccydynia occurs due to delivery trauma. Muscle Energy Technique (MET) is mainly used to treat the musculoskeletal disorders. The effect of MET in gynecological disorders is not clear yet.

Objective: The purpose of this study was to compare the effectiveness of MET along with phonophoresis and only phonophoresis in reducing pain and improving functional activity in subjects suffering from postpartum coccydynia

Participants and method: Forty-six multi-parous women, suffering from coccydynia after 6 weeks postpartum participated in this study. Their ages ranged from (24-35) years, parity (3-5) and their body mass index did not exceed 35 Kg/m². They were randomly allocated into two equal groups. The study group (A) received MET along with phonophoresis (PP) and home programme based on MET for four weeks, 3 sessions per week. The control group (B) received PP only. Assessment of all participants in both groups A and B was carried out before and after the treatment program using numeric pain rating scale (NPRS) & The Oswestry Disability Index (ODI). Statistical analysis was generated using paired t-test & un-paired t-test.

Results: There was a significant improvement in pain level & functional ability after treatment in each group and there was a significant difference between the two groups for the benefit to group (A).

Conclusion: "MET combined with PP demonstrated a significant difference in pain reduction and improvement of functional mobility in patients with post-partum coccydynia."

Biography:

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