

Application of Posterior Pelvic Tilt Taping for the Treatment of Sacroiliac Joint Dysfunction and Increase Sacral Horizontal Angle in Post Partum3 Females

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Abstract

Purpose: Kinesio Taping is a therapeutic method used by physical therapist and athletic trainer in combination with other treatment techniques for various musculoskeletal and neuromuscular problems. The purpose of this study was to describe the application of posterior pelvic tilt taping with kinesio tape as a treatment for Sacroiliac joint dysfunction and to reduce sacral horizontal angle and the anterior pelvic tilt angle in post partum females. *Subjects:* 5 post-partum females were taken who agreed to participate in this experiment. *Methods:* The patient was lie in a supine position. The first tape was apply to the rectus abdominus muscle for the correction of posterior pelvic tilt and for the second taping the patient position will be change patient lie in a side lying position and apply the second taping on external oblique muscle for the correction of S.I joint in post partum females. *Results:* This result show a significant ($p=0.05$) difference between the pre and post taping in postpartum female. *Conclusion:* There seems to be considerable improvement in post partum females with S.I joint dysfunction. In outcome majors there was a decrease in punctuation, what means improvement in symptoms. The present study stated a beneficial effect of Kinesio taping on post partum females with S.I joint dysfunction and also improvement in the daily activities.

Keywords: Posterior Pelvic Tilt Taping; Post Partum Females; S.I Joint Dysfunction; Kinesiotaping.

Introduction

Many of the physical changes during pregnancy contribute to low back pain. During pregnancy the expanding uterus stretches and weakens abdominal muscles, alter the posture putting strain on back. The extra weight and increased stress to the SI joints causing back pain. Sacroiliac (SI) joint dysfunction is a common cause of low backpain.

Many pregnant women experience low back pain or pelvic pain due to sacroiliac joint dysfunction because the SI joints can stretch and become loose during pregnancy. Also, hormone changes and the additional weight gained during pregnancy can put

added stress on SI joints. Due to extreme weight. On S.I joint there will be anterior tilting of pelvis in post partum females. This condition is usually accompanied by excessive lordosis of the spine.

Taping is also used to treat low back pain. Kinesio taping is method applied over muscles to reduce pain and inflammation relax over used or tired muscles and support muscle in movement on 24 hours a day basis. The taping is non restrictive and allow for full Range of motion.

Kinesio taping is a technique based on the body's own natural healing process. This kinesio taping exhibits its efficacy through the activation of neurological and circulatory system. This method basically stems from the science of kinesiology, hence the same "kinesio" muscles are not only attributed the movements of the body but also control the circulation of venous and lymph flows body temp. etc.

This study makes an effort to find or to justify the effect of kinesiotape in treatment of decrease pelvic tilt and decrease sacral horizontal angle in post partum females.

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Methodology

Five females will be taken according to inclusion and exclusion criteria. Consent was taken pre Oswestry questionnaires score were taken before taping. Pre x-ray was taken of Lumbar sacral region before taping post x-ray was taken of Lumbar sacral region after 1 week when Kinesio tape was applied.

Inclusion Criteria

Post-partum females with S.I joint pain. Age-20-35 years, primary gravida, post-partum females under (3 months).

Exclusion Criteria

The patient who presented any skin infection, congenital/acquired deformity, Neurological deficit, Paragravida, Recent trauma or fracture, Unco-operative patient..

Instrumentation

The instrumentation included were Kinesio tape, Scissor, Couch, Camera, Compass, and Scale.

Procedure

Five females will be taken according to inclusion and exclusion criteria. The subject should have

comfortable clothing and slippers should be removed. The skin should be cleaned where we going to apply a kinesio tape. First the pelvic inclination of both sides was measured by (PALM).

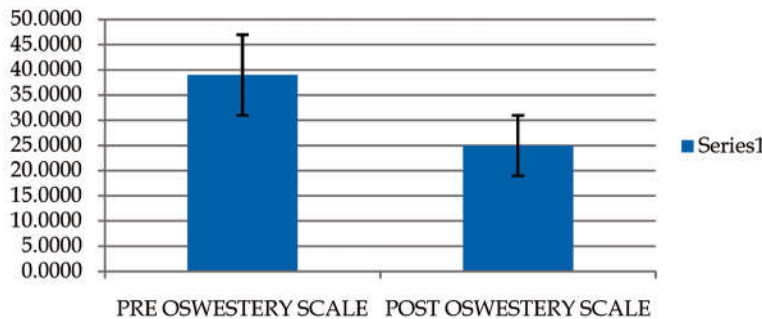
Technique

The subject may lye down in a couch in a supine position When the patient remained in the same position kinesio tape was stretched approximately 100% The first kinesio tape was applied beginning at pubic bone and ending at border of sternum the kinesio tape applies on both the sides. For the second taping technique the position of the patient will be change the patients come in side lying position The second kinesio tape was applied beginning from the crest of the Ilium and ending to the 6 and 7 ribs. After applying a tape we should ask a patient if patient have any discomfort or itching.

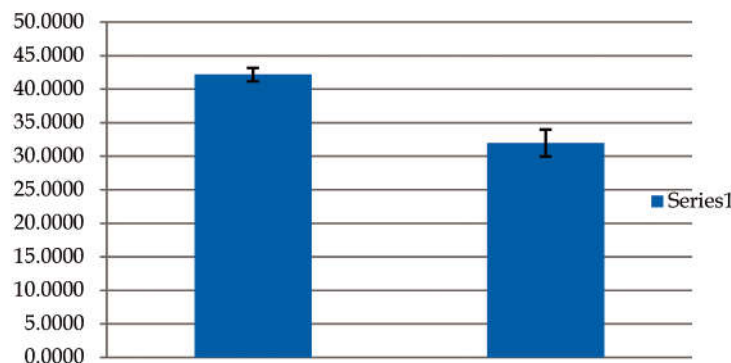
After the application of the tape the patient was allowed to follow her every day activities and give instruction to patient that if patient have any discomfort then the tape should be removed after 3 days the tape is changed we apply kinesio tape for one week.

Results

This chapter deals with the results of data analysis of pre-post reading using Paired t test.



Graph 1: Comparison of pre and post reading in Oswestry scale



Graph 2: Comparison of pre and post reading in sacral horizontal angle

The pre mean \pm SD test score was found to be 39.00 ± 8.21 . After the Intervention post mean \pm SD score was found to be 25.00 ± 6.48 the difference between the pre score and post score 14 (CI=10.71-17.28) was statistically significance at 5% level of significance.

Discussion

About 50% of women experience Low back pain during pregnancy. Back pain in pregnancy may be severe enough to cause significant pain and disability Sacroiliac joint dysfunction is a common cause of Low back pain or pelvic pain due to sacroiliac joint dysfunction. Due to extreme weight on sacroiliac joint there will be anterior tilting of pelvis in post partum females.

According to the research titled "Application of Posterior Pelvic Tilt Taping for the treatment of sacroiliac joint dysfunction and increased sacral horizontal angle on Post Partum females" this research is done by "Lee JH, Yoo WG". This research is done as a case study in two patient this data is fully supporting the availability of treatment protocol to be done in post partum females for low back pain and improve. In earlier studies it has been prove that the efficacy of kinesio tape for the immediate effect of low back pain and also the effect on pelvic tilt as stated in a research titled "The immediate effect on anterior pelvic tilt taping on pelvic inclination for the treatment of low back pain" done by Lee JH, Yoo WG, Hwang-BO-G" done in china stated that kinesio taping and effective in patients pelvic tilt inclination and in low back pain.

The present study also proves and supports the improvement in activity of daily living in present study it will be proof that kinesio tape will be effective to control the Low back pain and to decrease the sacral horizontal angle and to improve the tilt of pelvic inclinationment of anterior pelvic tilt.

Conclusion

There seems to be considerable improvement in post partum females with S.I joint dysfunction. In outcome majors there was a decrease in punctuation, what means improvement in symptoms. The present study stated a beneficial effect of Kinesio taping on post partum females with S.I joint dysfunction and also improvement in the daily activities.

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