

**Prevalence of musculoskeletal pain among pregnant women in
selected hospital of Dhaka city**

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Abstract

Introduction: During pregnancy many hormonal and anatomic changes that affect the musculoskeletal system that may cause various musculoskeletal complaints, predispose to injury, or alter the course of preexisting conditions (Irland, et al., 2003). The various factors of pregnancy-related LBP, previous LBP and LBP during menstruation seem to be significant risk factors of pregnancy-related LBP (Han In-Ho, et al., 2010). **Study Design/Methods:** This study was conducted using cross sectional prospective survey under a quantitative study design. Cross sectional study design was chosen to meet the study aim as an effective way to collect data. 100 pregnant women were taken as the sample of this study. A pre tested, modified, semi-structured questionnaire were prepared on the basis of objectives and different variables of this study. Study was also conducted through face to face interview from some selected hospitals in Dhaka city. **Results/ Major findings:** Study found that 59.6% of the respondents had musculoskeletal Pain and 40.4% did not. Among the respondents 44% of the respondents had back pain, 18.0% had Muscle Cramp, 15.0% Knee Pain, 11.0% had Ankle Pain, 4.0% had Neck pain, 2.0% had Pain around shoulder and only 1.0% had Carpel Tunnel Syndrome respectively. After pain measurement 49.12% 22.8%, 8.78%, 7.01, 5.27%, 5.27%% and 1.75% of the respondents belongs to their severity of pain (VAS) 5, 6, 4, 7, 2, 3, 1 respectively

Conclusion and Recommendations: Prevalence of musculoskeletal dysfunctions was very common among pregnant women. But they do not report such discomforts until it affects their daily routine. In this study researcher only took the pregnant women who came for checkup at different maternity center in Dhaka. So for further study

researcher strongly recommended to include other area and hospitals from all over Bangladesh.