More women with the pelvic girdle syndrome than with other pelvic pain during pregnancy had pelvic pain 2 years after delivery


QUESTION: In women with pregnancy-related pelvic joint pain, what are the predictors and prevalence of long term symptoms?

Design
Inception cohort followed for 2 years after delivery.

Setting
A university hospital in Denmark.

Patients
405 women at 33 weeks of gestation were classified into 5 subgroups on the basis of their history and objective pelvic pain tests (relative risk [RR] 10.7); low index of mobility (RR 5.9); no education (RR 10.7); no employment (RR 32.0); and no previous pregnancy (RR 2.3).

Main results
Continued pelvic joint pain at 2 years occurred in 21 of the 100 women (21%) with the pelvic girdle syndrome who were followed; 0 of 33 (0%) with symphysiolysis; 1 of 82 (1.2%) with the 1-sided sacroiliac syndrome; 5 of 99 (5.1%) with the double-sided sacroiliac syndrome; and 2 of 27 (7.4%) with miscellaneous joint pain at baseline. No women with symphysiolysis had joint pain at 6 months after delivery. Prognostic factors associated with pelvic joint pain 2 years after delivery in women with the pelvic girdle syndrome were ≥ 16 positive responses on objective pain tests (relative risk [RR] 10.7); low index of mobility (RR 32.0); and no education (RR 2.3).

Conclusions
Among women with pregnancy-related joint pain, more women with the pelvic girdle syndrome had pelvic pain at 2 years after delivery than did women with other pelvic pain. Women with symphysiolysis had no joint pain 6 months after delivery.