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Common Musculoskeletal Complaints Arising among Women after Caesarean Section Delivery

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ABSTRACT

Musculoskeletal complaints are commonly observed in women after cesarean section delivery, primarily due to physiological, hormonal, and biomechanical changes occurring during pregnancy and the postpartum. These issues include low back pain, poor posture, pelvic pain, extremity pain, DeQuervain's tenosynovitis, abdominal muscle weakness, ligament laxity, and trunk flexor deficits. Hormonal fluctuations during and after pregnancy often lead to excessive joint mobility and postural challenges, while physical demands such as breastfeeding, lifting, carrying the infant, and managing household tasks exacerbate musculoskeletal discomfort. Sleep deprivation and muscle fatigue further complicate recovery during the early postpartum period. According to study findings, 81.2% of women experienced musculoskeletal complaints following cesarean delivery, with low back pain accounting for 75.3% of these complaints. Physiotherapeutic approaches such as manual therapy, electrotherapy and ergonomic advice aims to restore functions and decrease the discomfort. Early and advance physiotherapeutic approaches are essential to treat all these musculoskeletal conditions effectively. A comprehensive review was conducted to evaluate the prevalence and impact of musculoskeletal issues following cesarean delivery, utilising Google Scholar and PubMed as primary databases. Keywords such as cesarean section, postpartum period, muscle fatigue, and musculoskeletal, were employed to construct search queries. The findings underscore the significant impact of these complaints on postpartum recovery and maternal well-being. In conclusion, addressing musculoskeletal issues through early detection, physiotherapy interventions, and patient education is imperative to promote postpartum recovery, enhance functionality, and improve overall quality of life for mothers after cesarean section.

Keywords: Low back pain, Muscle fatigue, Physical therapy, Postpartum period.