

# Impact of Pre and Post Physiotherapy on Maternal Quality of Life Following Elective Caesarean Section: A Narrative Review

**Pooja, BPT Student, Department of Physiotherapy, Maharishi Markandeshwar Institute of Physiotherapy and Rehabilitation, Maharishi Markandeshwar (Deemed to be University), Mullana, Ambala, Haryana, India.**

**Jahanvi Dave, Assistant Professor, Department of Physiotherapy, Maharishi Markandeshwar Institute of Physiotherapy and Rehabilitation, Maharishi Markandeshwar (Deemed to be University), Mullana, Ambala, Haryana, India.**

**Neha Sharma, Assistant Professor, Department of Physiotherapy, Maharishi Markandeshwar Institute of Physiotherapy and Rehabilitation, Maharishi Markandeshwar (Deemed to be University), Mullana, Ambala, Haryana, India.**

## NAME, ADDRESS, E-MAIL ID OF THE CORRESPONDING AUTHOR:

Jahanvi Dave,

Assistant Professor, Department of Physiotherapy, Maharishi Markandeshwar Institute of Physiotherapy and Rehabilitation, Maharishi Markandeshwar (Deemed to be University), Mullana, Ambala, Haryana, India.

E-mail: jahanvi.dave@mmumullana.org

## ABSTRACT

An incision in the abdominal wall, compared to the pelvis and vagina, is used to deliver the living or dead foetus during a caesarean section, only when the situation warrants it, such as in cases of obstructed delivery, cord prolapse, or distressed foetus. Multiple issues are linked to it, which result in low returns to performing everyday tasks and have a major effect on overall health. Pregnant women who are having sedentary lifestyles experience more pain and difficulties. Decreased musculoskeletal harm, fewer spasms of the muscles and lower-extremity fluid retention, improved cardiovascular health, decreased body weight throughout the pregnancy, emotional support, a decline in pregnancy high blood sugar levels, and easier pregnancy are the advantages of antenatal exercises. This study aims to determine the impact of pre and post physiotherapy on maternal quality of life following caesarean section. A thorough

online search on the studies at the impact of pre and post cesarean physiotherapy on maternal quality of life was performed on Google Scholar from 2017 to 2024. The search utilised MeSH keywords including cesarean section, Quality of life, physiotherapy, elective cesarean section, exercise and postpartum. Out of 24200 articles found from different databases, duplicate articles were removed. Four articles fulfilled the eligibility criteria and were included for present review. Three studies showed that the requirement of extra pain relievers, the pain associated with recovering to normal daily tasks in postpartum life, and the duration of hospital stays are all decreased by physiotherapy instruction and guidance before elective cesarean section. The study concluded that physiotherapy exercises prior to elective cesarean section have a positive impact on maternal postpartum quality of life.

**Keywords:** Exercise, Physiotherapy, Postpartum, Quality of life.