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A Literature Review of Scapular Stabilisation Exercises on Primipara and Multipara Lactating Mothers with Scapular Dyskinesia

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ABSTRACT

Introduction: Scapular dyskinesia, characterised by abnormal scapular movement, is a common issue among lactating mothers due to prolonged breastfeeding postures, repetitive upper limb activities, and musculoskeletal changes during pregnancy. These factors contribute to muscle imbalances, pain, and functional limitations. Scapular stabilisation exercises (SSEs) are widely used in rehabilitation to improve scapular control, reduce pain, and restore proper biomechanics. However, limited research has focused on the impact of SSEs on primipara (first-time mothers) and multipara (mothers with multiple childbirths) lactating women suffering from scapular dyskinesia.

Aim: This literature review aims to evaluate the effectiveness of SSEs in addressing scapular dyskinesia among primipara and multipara lactating mothers. It explores existing research on SSEs, their impact on pain relief, muscle activation, and postural correction, and identifies gaps in current knowledge.

Materials and Methods: A comprehensive search was conducted using databases such as PubMed, Google Scholar, and Scopus. Studies focusing on scapular stabilisation exercises, postpartum musculoskeletal disorders, and lactating mothers with scapular dysfunction were reviewed and used validated measures such as VAS scale, Lateral scapular slide test, Scapular balance angle and Scapular dyskinesia test. Exclusion criteria include non-specific shoulder conditions, any shoulder surgery and languages other than English.

Results: The findings indicate that SSEs improve scapular mechanics, enhance muscle activation, improve posture, reduce pain around neck and shoulder in individuals with scapular dyskinesia. Multipara mothers exhibit higher musculoskeletal strain compared to primipara mothers, suggesting potential need for modified exercise protocols.

Conclusion: SSEs show promising benefits for managing scapular dyskinesia in lactating mothers, yet further clinical studies are required to establish specific guidelines for this population.

Implications: Incorporating SSEs into postpartum care programmes may help prevent chronic musculoskeletal issues in lactating mothers, improving their overall well-being.

Keywords: Scapular Stabilisation, primapara, Multipara mothers, Diskinesia

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