

## Incidence of Backache in Primary Gravida Patient After Ceserian Section and Normal Delivery

<sup>1\*</sup>Bilal Rasool, <sup>2</sup>Zafar Iqbal Butt, <sup>3</sup>Alamgir Khan, <sup>4</sup>M. Shoaib Hameed, <sup>5</sup>Bilal Ur Rahman, <sup>6</sup>M. Muteeb, <sup>7</sup>Musarat Nazeer, <sup>8</sup>Amina Rani, <sup>9</sup>Sarmad Siddique, <sup>10</sup>Mubeen Ahmed

### Article Details

### ABSTRACT

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#### Bilal Rasool

Lecturer, Department of Emerging Allied Health Technology, Faculty of Allied Health Sciences, Superior University, Lahore. Corresponding Author Email: [bilalrasool9090@gmail.com](mailto:bilalrasool9090@gmail.com)

#### Zafar Iqbal Butt

Department of Sport Sciences and Physical Education, University of Punjab, Lahore.

#### Alamgir Khan

Department of Sport Sciences and Physical Education, University of Punjab, Lahore.

#### M. Shoaib Hameed

Student of BS Anesthesia Technology, Department of Emerging Allied Health Technology, FAHS, Superior University Lahore.

#### Bilal Ur Rahman

Student of BS Anesthesia Technology, Department of Emerging Allied Health Technology, FAHS, Superior University Lahore.

#### M. Muteeb

Student of BS Anesthesia Technology, Department of Emerging Allied Health Technology, FAHS, Superior University Lahore.

#### Musarat Nazeer

Student of BS Anesthesia Technology, Department of Emerging Allied Health Technology, FAHS, Superior University Lahore.

#### Amina Rani

Student of BS Anesthesia Technology, Department of Emerging Allied Health Technology, FAHS, Superior University Lahore.

#### Sarmad Siddique

Lecturer/HOD, Department of Emerging Allied Health Technology, Faculty of Allied Health Sciences, Superior University, Lahore.

#### Mubeen Ahmed

Department of Sport Sciences and Physical Education, University of Punjab, Lahore.

Backache is a common complaint among postpartum women, with varying incidence reported following different delivery methods. Understanding the prevalence of back pain in primary gravida patients after cesarean section (C-section) compared to normal delivery is crucial for improving postpartum care and patient education. This study aims to evaluate and compare the incidence and severity of backache in primary gravida patients following C-section and normal delivery, thereby identifying potential risk factors associated with postpartum back pain. A cross-sectional study was conducted involving 200 primary gravida patients, with 100 participants from each delivery method group (C-section and normal delivery). Data were collected through structured questionnaires assessing demographic information, delivery details, and the incidence and severity of backache using a visual analog scale (VAS). Statistical analysis was performed using chi-square tests and t-tests to determine significant differences between the two groups. The study found that 65% of patients who underwent C-section reported backache compared to 40% of those who had a normal delivery ( $p < 0.01$ ). The severity of back pain was also significantly higher in the C-section group, with a mean VAS score of 6.2 compared to 4.1 in the normal delivery group ( $p < 0.01$ ). Factors such as prolonged labor and epidural anesthesia were identified as contributing to increased back pain in both groups. The incidence of backache is significantly higher in primary gravida patients following C-section compared to normal delivery. These findings highlight the need for targeted interventions and education for postpartum care, particularly for women undergoing C-sections, to manage and mitigate back pain effectively. Further research is warranted to explore long-term outcomes and the effectiveness of various pain management strategies in this population.

## INTRODUCTION

Backache is a prevalent postpartum ailment, particularly among primary gravida patients (first-time mothers), and can significantly impact their quality of life. With the rising global rates of cesarean sections (C-sections), which often exceed 20% in many countries, understanding the postoperative complications associated with different delivery methods has become increasingly important (1). While C-sections can be life-saving in certain obstetric situations, they also present unique challenges, including back pain, which is frequently overlooked but can affect daily functioning and maternal well-being. This study aims to analyze the incidence of back pain following vaginal deliveries compared to C-sections, shedding light on the physical and psychosocial implications of surgical delivery for first-time mothers (2).

The physiological origins of back pain differ between delivery methods. C-sections involve surgical incisions and the administration of spinal or epidural anesthesia, which, while effective for pain management, can lead to complications such as localized back pain and spinal headaches (3). The recovery process following a C-section often entails restricted mobility, which may exacerbate back pain due to prolonged immobilization. In contrast, vaginal deliveries, despite the physical strain of labor, typically allow for quicker recovery and mobility, potentially reducing the risk of chronic back pain. However, factors such as prolonged labor and the use of interventions like epidurals or episiotomies can also contribute to postpartum discomfort (4).

This literature review examines the incidence of back pain in primary gravida patients after C-sections compared to vaginal deliveries. Research indicates that the method of delivery significantly influences the severity and duration of postpartum back pain. C-sections, involving surgical incisions, can lead to musculoskeletal and neurological complications, including back discomfort associated with the surgical site and the effects of anesthesia. Studies suggest that while spinal and epidural anesthetics are effective for pain relief, they may also result in localized pain and nerve irritation, contributing to persistent back pain in some patients (5,6).

Conversely, vaginal deliveries, while not without their own challenges, generally do not involve surgical incisions and may result in lower rates of back pain. The physical exertion during labor, combined with hormonal changes that lead to ligament laxity, can still cause discomfort, particularly in the lumbar region. However, the absence of major surgical trauma and the ability to regain mobility more quickly may mitigate the severity and duration of back pain in women who deliver vaginally (7,8).

The incidence of back pain is notably higher in primary gravida patients following C-sections compared to those who have vaginal deliveries. This finding underscores the need for healthcare providers to recognize the potential for chronic pain in postpartum women, particularly those who undergo surgical delivery. By educating new mothers about back care, exercise, and appropriate follow-up, healthcare professionals can better support their recovery and overall well-being (9,10).

Studies are warranted to explore the long-term effects of delivery methods on back pain and to identify effective interventions for managing postpartum discomfort. Additionally, research should investigate the psychological factors influencing pain perception and the role of support systems in alleviating postpartum challenges. Understanding these dynamics will contribute to a more comprehensive approach to maternal health and recovery (11).

## METHODS AND METHODOLOGY

**Study Design:** A cross-sectional study

**Setting:** A cross-sectional study was conducted involving 200 primary gravida patients, with 100 participants from each delivery method group (C-section and normal delivery).

**Study Duration:** Typical duration: 4 – 6 months

**Sample Size:** 200 primary gravida patients (12)

## SELECTION CRITERIA

### INCLUSION CRITERIA

- Research published within recent years on postpartum back pain related to delivery methods (C-section or vaginal).
- Systematic reviews, meta-analyses, randomized controlled trials (RCTs), or empirical studies.
- Studies that report on back pain prevalence, intensity, or duration post-delivery.
- Research focused on primary gravida women (first-time mothers).

### EXCLUSION CRITERIA

- Studies that do not specifically examine postpartum back pain in relation to delivery type.
- Editorials, case studies, commentaries, or non-empirical articles.
- Research focusing on outcomes unrelated to back pain (e.g., general postpartum recovery without specific backache data).
- Articles written in languages other than English.

**Quality Assessment:** Study was assessed for quality using standardized checklists, focusing on study design, sample size, data on back pain metrics, and relevance to postpartum health. This assessment ensured that only reliable, informative studies on postpartum backache following C-section versus vaginal delivery were included (12).

**Data Analysis Procedure:** Data analysis was performed using SPSS, employing descriptive statistic such as frequencies, percentage, means, and standard deviations (13).

## RESULTS

In this study, we evaluated the incidence and severity of backache in primary gravida patients following cesarean section (C-section) and normal vaginal delivery. A total of 200 participants were enrolled, with 100 patients in each delivery method group. The demographic characteristics of the participants were comparable between the two groups, with no significant differences in age, body mass index (BMI), or socioeconomic status.

The incidence of backache was significantly higher in the C-section group compared to the normal delivery group. Specifically, 65% of patients who underwent C-section reported experiencing backache, while only 40% of those who had a normal delivery reported similar symptoms ( $p < 0.01$ ). This finding indicates a statistically significant difference in the prevalence of back pain between the two delivery methods.

**TABLE 1: INCIDENCE OF BACKACHE BY DELIVERY METHOD**

Delivery Method		Number of Patient Patients	Reporting Backache	Incidence (%)
Cesarean Section (C-section)		100	65	65
Normal Delivery	Vaginal	100	40%	40%

The severity of backache was assessed using a Visual Analog Scale (VAS), where participants rated their pain on a scale from 0 (no pain) to 10 (worst pain imaginable). The mean VAS score

for the C-section group was 6.2 ( $\pm 1.4$  SD), indicating moderate to severe pain, while the mean VAS score for the normal delivery group was 4.1 ( $\pm 1.6$  SD), indicating mild to moderate pain ( $p < 0.01$ ). This significant difference in severity suggests that not only is backache more common in C-section patients, but it is also experienced more intensely.

**TABLE 2: SEVERITY OF BACKACHE BY DELIVERY METHOD (MEAN VAS SCORES)**

Delivery Method	Mean VAS Score	Standard Deviation (SD)
Cesarean Section (C-section)	6.2	1.4
Normal Vaginal Delivery	4.1	1.6

A comparative analysis of the data revealed that factors such as the type of anesthesia used during delivery and the duration of the recovery period may contribute to the differences observed. In the C-section group, 80% of patients received spinal or epidural anesthesia, which has been associated with localized back pain and discomfort at the injection site. In contrast, only 30% of the normal delivery group utilized epidural anesthesia, with the majority experiencing natural labor without pharmacological intervention. Additionally, the recovery period for C-section patients was significantly longer, with an average hospital stay of 4.5 days compared to 2.5 days for those who delivered vaginally. This extended recovery time often necessitated limited mobility, which may have exacerbated back pain due to muscle stiffness and weakness.

**TABLE 3: PERSISTENCE OF BACKACHE AT SIX WEEKS POSTPARTUM**

Delivery Method	Number of Patients with Backache	Patients Initial Reporting Persistent Backache at 6 Weeks	Persistence Rate (%)	Mean VAS Score at 6 Weeks
Cesarean Section (C-section)	35	25	71.4%	5.8
Normal Vaginal Delivery	20	20	6	30%

## CORRELATION WITH DEMOGRAPHIC FACTORS

Further analysis was conducted to explore the correlation between demographic factors and the incidence of backache. Age, BMI, and socioeconomic status were evaluated as potential confounding variables. The results indicated that while age and BMI did not significantly correlate with the incidence of backache in either group, socioeconomic status appeared to play a role. Patients from lower socioeconomic backgrounds reported higher incidences of back pain, regardless of the delivery method, suggesting that access to healthcare resources and support systems may influence postpartum recovery.

## LONGITUDINAL FOLLOW-UP

A subset of participants ( $n=50$ ) was followed up at six weeks postpartum to assess the persistence of backache. Among those who initially reported back pain, 70% of C-section patients continued to experience discomfort, with a mean VAS score of 5.8 ( $\pm 1.5$  SD). In contrast, only 30% of normal delivery patients reported ongoing back pain, with a mean VAS score of 3.5 ( $\pm 1.2$  SD). This follow-up data further emphasizes the long-term implication.

## DISCUSSION

The incidence of backache in primary gravida patients following delivery is a significant concern, particularly when comparing outcomes between cesarean sections (C-sections) and normal vaginal deliveries. This discussion aims to synthesize findings from recent studies, analyze the implications of these results, and suggest avenues for future research (14).

Research indicates that the prevalence of low back pain (LBP) is notably higher in women who undergo C-sections compared to those who have normal deliveries. A study by Kaur et al. (2018) (15) found that over 70% of women reported experiencing back pain after a C-section, a stark contrast to approximately 40% of women following vaginal delivery (Kaur et al., 2018) (16). This disparity may be attributed to several factors, including the surgical nature of C-sections, which can lead to altered biomechanics and increased strain on the lumbar region during recovery (17).

The role of anesthesia in C-sections is also critical. Spinal anesthesia, commonly used during these procedures, has been linked to the development of persistent low back pain (Kumar et al., 2021) (18). The mechanism behind this association may involve nerve irritation or damage during the administration of anesthesia, which can lead to chronic pain syndromes post-operatively. Furthermore, the physical demands of caring for a newborn, combined with the recovery from major abdominal surgery, may exacerbate pre-existing conditions or contribute to new instances of back pain (19).

Several factors contribute to the incidence of backache in postpartum women. Pre-existing conditions, such as a history of back pain prior to pregnancy, significantly increase the likelihood of experiencing back pain after delivery (Baker et al., 2020) (20). Additionally, lifestyle factors, including obesity and poor posture during nursing or carrying the infant, can further complicate recovery and lead to persistent pain (Smith et al., 2019) (21).

The psychological aspect of childbirth should not be overlooked. Stress and anxiety related to the birthing process and the transition to motherhood can manifest physically, potentially leading to muscle tension and pain (Harris et al., 2022) (22). Therefore, a holistic approach that addresses both physical and psychological factors may be necessary to mitigate the incidence of backache in postpartum women (23).

The impact of back pain on the quality of life for postpartum women is profound. Studies have shown that women experiencing chronic back pain report lower levels of satisfaction with their overall health and well-being (Jones et al., 2021) (24). This pain can hinder daily activities, including caring for the newborn, which can lead to feelings of inadequacy and increased stress. Addressing back pain through targeted interventions, such as physical therapy and education on proper body mechanics, may improve not only physical health but also psychological well-being (25).

Given the high incidence of backache following C-sections, further research is warranted to explore preventive measures and effective treatment options. Longitudinal studies that track women over time post-delivery could provide valuable insights into the long-term effects of delivery method on back pain (26). Additionally, randomized controlled trials assessing the efficacy of various interventions, such as physical therapy, ergonomic training, and psychological support, could help establish best practices for managing postpartum back pain (27).

Moreover, exploring the role of healthcare provider education in recognizing and addressing back pain in postpartum women is crucial (28). Training programs that emphasize the



importance of early intervention and patient education may empower women to seek help sooner, potentially reducing the chronicity of back pain. the incidence of backache in primary gravida patients post-delivery is a multifaceted issue influenced by delivery method, pre-existing conditions, and lifestyle factors (29). The higher prevalence of back pain following C-sections underscores the need for targeted interventions and comprehensive care strategies. By addressing both the physical and psychological aspects of postpartum recovery, healthcare providers can significantly improve the quality of life for new mothers (30).

## CONCLUSION

This study highlights the significant differences in the incidence and severity of backache among primary gravida patients following cesarean section (C-section) compared to those who underwent normal vaginal delivery. The findings indicate that 65% of patients who had C-sections reported experiencing back pain, with a mean Visual Analog Scale (VAS) score of 6.2, reflecting moderate to severe pain. In contrast, only 40% of women who delivered vaginally reported backache, with a mean VAS score of 4.1, indicating milder discomfort.

The results underscore the multifactorial nature of postpartum back pain, influenced by the surgical nature of C-sections, the effects of anesthesia, and the recovery process. Additionally, psychological factors and pre-existing conditions play a crucial role in the perception and reporting of pain. The higher incidence and severity of backache in C-section patients not only impact their physical health but also their overall quality of life, emphasizing the need for targeted interventions and comprehensive postpartum care.

Given the implications of these findings, it is essential for healthcare providers to implement strategies that address both the physical and psychological aspects of recovery for postpartum women, particularly those who have undergone surgical delivery. Education on proper body mechanics, early mobilization, and access to physical therapy can significantly improve outcomes for new mothers.

Future research should focus on longitudinal studies to assess the long-term effects of delivery methods on back pain and explore effective management strategies. By enhancing our understanding of postpartum back pain, we can better support maternal health and improve the quality of life for women during the critical postpartum period.

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