



Acupuncture can relieve pain for mothers-to-be 18.03.2005

A research team from Gothenburg, Sweden, has found that acupuncture is effective at relieving pelvic pain during pregnancy. Pelvic girdle pain is common among pregnant women with one in three affected suffering severe pain.

The team studied the effect of three six-week treatment programmes on 386 pregnant women suffering from pelvic girdle pain. One group were given a standard home exercise routine, a second received the exercise routine and acupuncture, while the third had a specialised exercise regime aimed at improving mobility and strength. Pain levels were recorded every morning and evening and assessments were done by an independent examiner. The women using acupuncture experienced the best results, followed by those who underwent the specialised exercise programme.

Dr Graham Archard, vice-chair of the Royal College of GPs, said
"The use of acupuncture to treat pain during pregnancy certainly seems credible."

<http://www.acupuncture.org.uk/content/news/news.asp?id=40>



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