

Investigating the effect of three contrasting interventions on recovery of abdominal muscle separation after childbirth

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Status RECRUITING
Sponsor Dr Tanja Miokovic
Enrollment 100 participants

Plain Language Summary

After giving birth for the first time, many women develop a condition called diastasis recti abdominis — a separation of the abdominal muscles along the midline of the belly. This is very common and can contribute to lower back pain, pelvic pain, and bladder leakage. This study is looking at the best way to help new mothers recover from this condition in the weeks after delivery.

Researchers are comparing three different approaches: giving advice only, using an abdominal binder (a supportive wrap worn around the belly), or doing a targeted exercise program for the back and abdominal muscles. Ultrasound imaging will be used to measure the gap between the muscles and assess how the tissue is healing. The study will also track back pain, pelvic discomfort, and bladder control over time.

You may be eligible if you are a first-time mother aged 18 or over, are within 2 weeks of giving birth, and had a vaginal delivery with no major complications. The study is looking for women who are willing to attend follow-up visits at the data collection site.

Key Eligibility Criteria

Inclusion (4)

- aged > 18 years;
- <2 weeks postnatal at time of enrolment into study;
- Primiparous (first pregnancy or first pregnancy beyond 20 weeks' gestation);
- Willing/able to travel to follow up appointments at site of data collection

Exclusion (14)

- Obstetric anal sphincter injury;
- Caesarean section;
- BMI > 30;
- Any major medical condition that precludes performance of an exercise program;
- History of musculoskeletal pain sufficient to limit function in the 3 years prior to ... and 9 more (see full listing online)

Locations (1 total)

QLD, Australia

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12621000613808>

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