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Effectiveness of Lower Back Stretching in Reducing Lower Back Pain Among 3rd Trimester Pregnant Women.

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ABSTRACT

Background and Objectives: Lower back pain is common during the third trimester due to physical and hormonal changes during pregnancy. It can reduce mobility and affect daily activities. Lower back stretching may help reduce pain and improve posture and movement. This study identifies the effectiveness of lower back stretching in reducing lower back pain among 3rd trimester pregnant women. **Methods:** A systematic search of PubMed and Google Scholar was conducted for studies published up to 2025 on lower back stretching or exercise interventions for third trimester pregnant women with low back pain. Included randomized controlled trials were assessed using the PEDro scale, with outcomes focusing on pain intensity, posture, and quality of life. **Results:** The included studies demonstrated that posture interventions significantly reduced pregnancy-related back pain and improved physical and mental wellbeing compared with control groups. Participants receiving the intervention showed lower pain scores, better quality of life outcomes, and improved lumbar posture, with no adverse effects reported. **Conclusion:** Both studies suggest that posture correction and stretching interventions are safe and effective nonpharmacological approaches for reducing pregnancy-related low back pain and improving posture during pregnancy.

Keywords: 3rd trimester; Pregnant women; Lower back; Stretching exercise; Back pain

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