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THERAPY DEPARTMENT FOR OBSTETRICS AND GYNAECOLOGY
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Author	:	HebaAllamAtwa Ali.
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Abstract	:	
<p>Purpose of the study: The present study was conducted to investigate the effect of bioptron light therapy on the post partum low back pain. Subjects and Methods: The current study was enrolled on forty women, whose ages ranged from 20-35 years old and their body mass index(BMI) was not exceeding 30kg/m^2, all women on this study complained from postpartum low back pain(from 1st week till 4 weeks postpartum). They were divided randomly into two groups equal in numbers; (20 patients each), the control group (A) received specific exercise program include: Static abdominal exercise, diaphragmatic breathing with static abdominal contraction, anterior pelvic rocking exercise and posterior pelvic rocking exercise 3 times / week for four weeks, while the study group (B) received the same program as in the control group (A) in addition to bioptron therapy for 15 minute 3 times per week for their lumbar region. Results: The results revealed significant improvement of all measured variables (Visual analog scale (VAS), modified schober test (cm) and oswestry disability index (%)) after four successive weeks in both groups (A and B) and significant improvement when comparing post- treatment between both groups in favor of group (B). Conclusion: Specific exercises program and bioptron light therapy can be added to the physical therapy program for relieving pain on women who had post partum low back pain.</p>		
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	3.	Bioptron light therapy
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