


Pregnancy-related low back pain

Jan mens


We conclude that training of the diagonal trunk muscle system, without individual coaching, is not more effective than low graded training of the longitudinal trunk muscle system or no exercises at all.



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Mobiliteits-test volgens Chamberlain (1930)



A.S.L.R. TEST

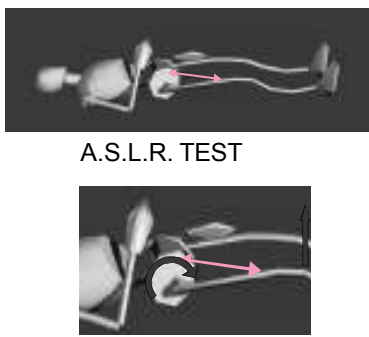


Figure 19

Subgraph during test 2 of patient 1. A22 (side view) shows a rotation of the upper margin of the pelvic basin.



Figure 20

View of the right hip (superior view) at end of test 2 shows a rotation of the pelvic basin. The position of the right pelvis is similar to the left one, indicating a rotation of the right hip base.

