



Jeremy V. Bigham, DO PGY-4 ONMM; Cameron Henderson, DO ONMM Faculty Advisor.

BACKGROUND

Our goal is to educate pregnant mothers on stretches to help reduce low back pain and other musculoskeletal discomforts of pregnancy. We would like to improve patient comprehension of healthy exercise and stretch during pregnancy. This is a continuation of research from previous years on home exercise prescription. The primary focus is the pregnant patient. Home exercise prescription is frequently implemented in conjunction with osteopathic treatment. Efficacy of this varies from study to study and is quite difficult to standardize and measure. One of the chronic difficulties is adherence to exercise instructions, which is improved with written instruction. (Schneiders) From clinical experience, we have had patients tell us they either forgot how to do an exercise or forget what exercise they were supposed to do. In standardizing this, we hope to provide comprehension and confidence in performing exercise to our patients. Providing simple instructions (Warde) and adding clear pictures of the exercises to increase use across varying levels of health literacy (Park) were key points to increase understanding of home exercise prescription for patients. Making the exercises a single page was done due to multiple patients feeling overwhelmed with multiple exercise pages that decreased motivation very rapidly, while also allowing for larger illustrations which are clearer.

AIM STATEMENT

Improvement in Pregnant Patient Self-Assessed Comprehension of Home Exercise and Stretch

METHODS

A questionnaire was administered to patients regarding understanding of stretch instructions which they have received from the OB-ONMM clinic. Stretches were previously implemented for non-OB patients. We implemented 5 more standardized individual exercise and stretch instructions, simplified with pictures showing the exercises on a single page, combined with verbal explanation and demonstration with the patients. The questionnaire was administered to determine understanding of the instructions.

RESULTS

Patient questionnaire focused on exercise understanding.

Do you consent to us using your responses on this form for quality improvement purposes? We will not be obtaining or maintaining any individual identifiable information about you with this.

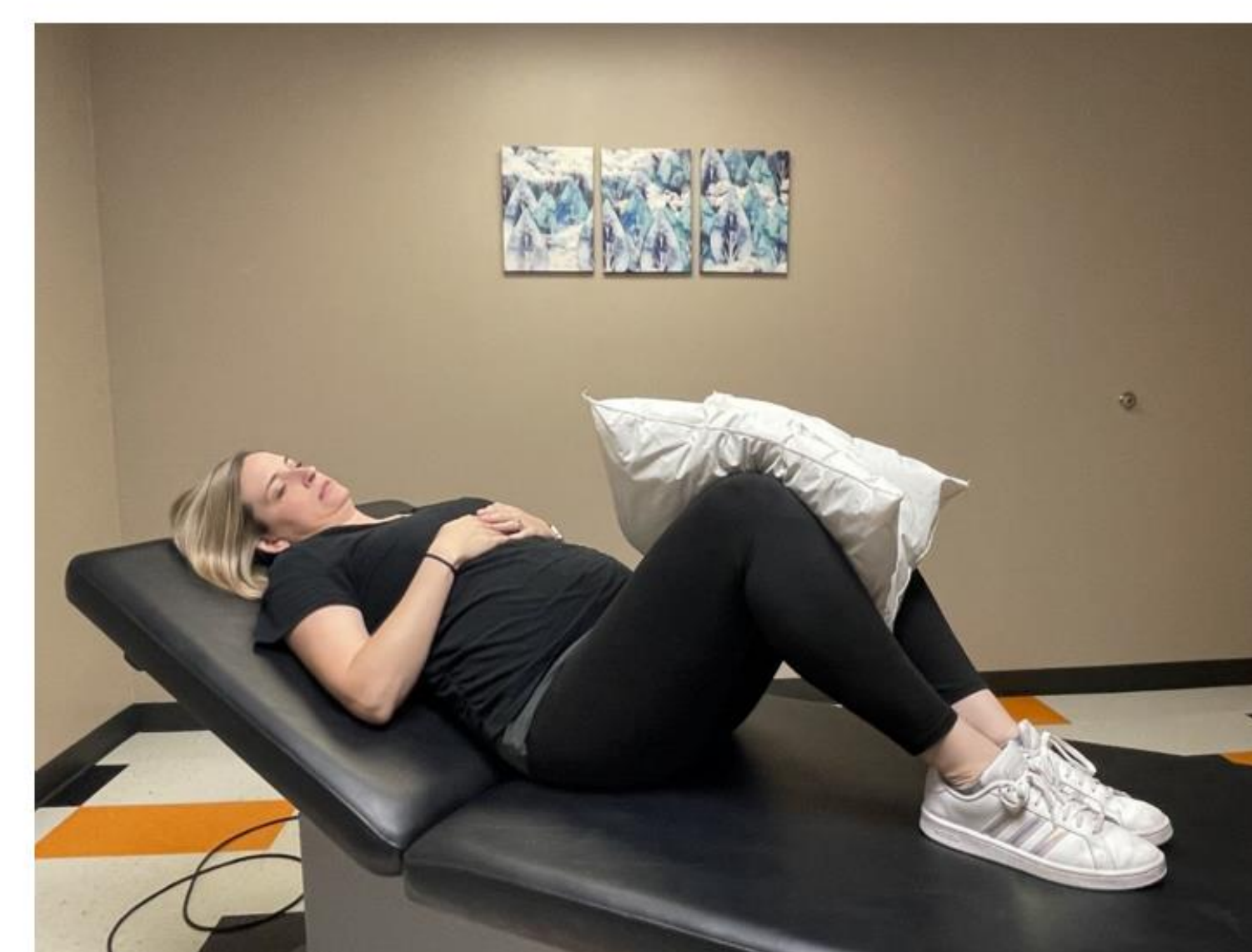
YES NO

Use the scale below to answer the following questions:

	5	4	3	2	1
At the time of the visit, I found the exercises easy to understand	5	4	3	2	1
The exercise handout was simple and clear.	5	4	3	2	1
The exercise handout improved my understanding of how to perform the exercise.	5	4	3	2	1
The exercise handout improved my confidence in performing the exercise on my own.	5	4	3	2	1

Is there anything else you would like us to know regarding any stretch or exercise instructions you received?

Example exercise sheet, in clear simple language with simple pictures.



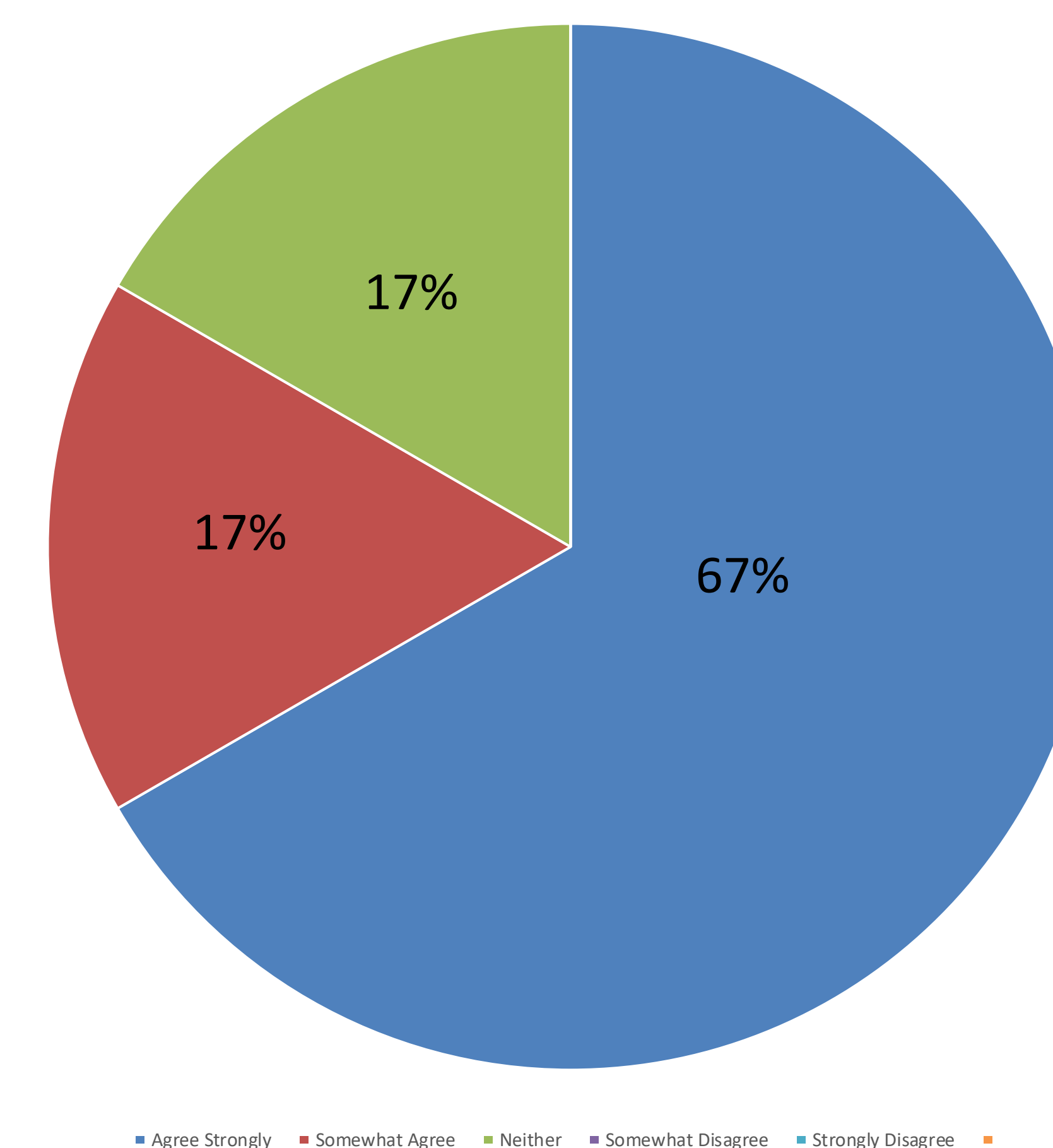
Pubic Decompression

1. Lay on your back (or at an incline as needed).
2. Bend knees keeping feet hip width apart.
3. Place a pillow, rolled towel, or similar object between your knees.
4. Gently Squeeze together your knees for 7 seconds, then relax in that position.
5. Repeat 3-5 times.

Please modify for safety and comfort, allowing for changes in balance and flexibility.

Questionnaires were distributed at the time of the OMM visit to determine the pregnant patients' level of comprehension and confidence in performing the stretch. 5 surveys were distributed with a Likert scale and results showed improvement in comprehension and confidence in performing the stretch.

Levels of Comprehension



CONCLUSIONS

This is a follow up research to a previous exercise prescription study. This research focused on obstetrical patients. They felt comfortable asking questions and performing the exercises according to the feedback we have received so far. The data is limited to due to the small sample size of obstetrical patients so far but can be carried on by future fellows. I would like to see data collection at multiple clinic sites and further collaboration with the Department of Obstetrics.

With our limited population we were able to achieve very customized feedback and education.



NEXT STEPS

Further improvements to explore on the current implementation would include increased exercise handouts, standardization in plain language, and translation to other languages common in our clinics. Utilizing our target population to assist in the creation of text and visual aids may assist as well. (Park)

Instructional videos of exercises and stretches would be a welcomed addition.

REFERENCES

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Scan here to watch video