

## **Ejercicio terapéutico para mitigar el dolor por hiperlaxitud ligamentaria en embarazadas: revisión de literatura**

### **Therapeutic exercise for pain relief of ligamentous hyperlaxity in pregnant women: literature review**

### **Exercício terapêutico para aliviar a dor da hiperlaxidade ligamentar em gestantes: revisão da literatura**

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## **Resumen**

Aunque el dolor provocado por la hiperlaxitud ligamentaria, asociado a la influencia de la relaxina y otras hormonas, afecta a la calidad de vida de muchas mujeres durante el embarazo, un periodo en el que se experimentan cambios sustanciales en la fisiología, la morfología y los sistemas hormonales, no hay suficiente información disponible para tratarlo. Este estudio analiza la efectividad del ejercicio terapéutico para mitigar el dolor lumbar y pélvico, así como para tratar las complicaciones asociadas en mujeres embarazadas. Para ello, se realizaron búsquedas bibliográficas en bases de datos como PubMed, Scopus, ScienceDirect y Scielo, con publicaciones entre 2018 y 2023. La ecuación de búsqueda fue: *Joint instability* AND *pregnancy* AND *pelvic girdle pain* AND

*exercise*. Se encontraron 456 artículos de los cuales se incluyeron 8 en la revisión, tras aplicar los criterios de inclusión y exclusión. La revisión bibliográfica destaca que el dolor lumbopélvico postparto es común, está asociado a la debilidad de ciertos músculos, y puede afectar a la calidad de vida de la madre, la crianza del bebé y la economía familiar. Se hace hincapié en la estrecha relación entre este dolor y la debilidad de los músculos extensores de la cadera, los músculos del suelo pélvico y los músculos transversos abdominales. Para mejorar el dolor y la calidad de vida postparto se recomiendan ejercicios de estabilización y Pilates. Este dolor es el objetivo principal del tratamiento. El ejercicio terapéutico contribuye a disminuirlo. Los más importantes son los ejercicios de estabilización lumbar y los de fortalecimiento de los músculos del suelo pélvico, que han demostrado reducir significativamente el dolor en mujeres embarazadas.

**Palabras clave:** dolor pélvico, embarazo, ejercicio terapéutico, estabilización lumbar, fisioterapia, hiperlaxitud ligamentaria.

## Abstract

Although pain caused by ligamentous hyperlaxity associated with the influence of relaxin and other hormones affects the quality of life of many women during pregnancy – a period of significant physiological, morphological, and hormonal changes– information is insufficient to address it. This study examines the effectiveness of therapeutic exercise in reducing low back and pelvic pain and related complications in pregnant women. For this purpose, bibliographic searches were performed in databases such as PubMed, Scopus, ScienceDirect and Scielo, with publications between 2018 and 2023. The search equation was: Joint instability AND pregnancy AND pelvic girdle pain AND exercise. After applying the inclusion and exclusion criteria, a total of 456 articles were identified, of which 8 were included in the review. The desk review highlights that postpartum lumbopelvic pain is common, is associated with weakness of certain muscles, and can affect the mother's quality of life, baby rearing, and family finances. The close relationship between this pain and weakness of the hip extensors, pelvic floor muscles, and transversus abdominis muscles is emphasized. Stabilization exercises and Pilates are

recommended to improve postpartum pain and quality of life. This pain is the main focus of treatment, and therapeutic exercise helps to reduce it. The most important are lumbar stabilization and pelvic floor strengthening exercises, which have been shown to significantly reduce pain in pregnant women.

**Keywords:** pelvic pain, pregnancy, therapeutic exercise, lumbar stabilization, physiotherapy, ligamentous hyperlaxity.

## Resumo

Embora a dor causada pela hiperlaxidade ligamentar, associada à influência da relaxina e de outros hormônios, afete a qualidade de vida de muitas mulheres durante a gravidez —um período de mudanças substanciais na fisiologia, na morfologia e nos sistemas hormonais—, não há informações suficientes disponíveis para abordá-la. O estudo examina a eficácia do exercício terapêutico na redução da dor lombar e pélvica e no tratamento de complicações associadas em mulheres grávidas. Para isso, foram realizadas pesquisas bibliográficas em bancos de dados como PubMed, Scopus, ScienceDirect e Scielo, com publicações entre 2018 e 2023. A equação de busca utilizada foi: *Joint instability AND pregnancy AND pelvic girdle pain AND exercise*. Após a aplicação dos critérios de inclusão e exclusão, um total de 456 artigos foi incluído na revisão, dos quais 8 foram selecionados. A revisão da literatura destaca que a dor lombopélvica pós-parto é comum, está associada à fraqueza de determinados músculos e pode afetar a qualidade de vida da mãe, o cuidado com o bebê e as finanças da família. Destaca-se a estreita relação entre essa dor e a fraqueza dos músculos extensores do quadril, do assoalho pélvico e do transversos do abdome. Para melhorar a dor pós-parto e a qualidade de vida, são recomendados exercícios de estabilização e Pilates. Essa dor é o foco principal do tratamento e os exercícios terapêuticos ajudam a reduzi-la. Os mais importantes são os exercícios de estabilização lombar e os de fortalecimento dos músculos do assoalho pélvico, que reduzem significativamente a dor em mulheres grávidas.

**Palabras-chave:** dor pélvica, gravidez, exercício terapêutico, estabilização lombar, fisioterapia, hiperlaxidade ligamentar.

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