

Attendee Reference List

Women's Health and Chiropractic: Best Practices in Chiropractic Practice

World Federation of Chiropractic | One-hour workshop

K.Petrocco-Napuli, DC,MS,DHPE, FICC,FACC

****Please note this is not all inclusive of all research articles on Women's Health. These are recommendations and good places to start reading****

Pregnancy-Related Low Back and Pelvic Girdle Pain

Vleeming A, Albert HB, Östgaard HC, Sturesson B, Stuge B. European guidelines for the diagnosis and treatment of pelvic girdle pain. *Eur Spine J*. 2008;17(6):794-819.

Bergström C, Persson M, Mogren I. Pregnancy-related low back pain and pelvic girdle pain approximately 14 months after pregnancy: pain status, self-rated health and family situation. *BMC Pregnancy Childbirth*. 2014;14:48. doi:10.1186/1471-2393-14-48

Bergström C, Persson M, Mogren I. Sick leave and healthcare utilisation in women reporting pregnancy related low back pain and/or pelvic girdle pain at 14 months postpartum. *Chiropr Man Therap*. 2016.

Bergström C, Persson M, Nergård K-A, Mogren I. Prevalence and predictors of persistent pelvic girdle pain 12 years postpartum. *BMC Musculoskelet Disord*. 2017. doi:10.1186/s12891-017-1760-5

Bergström C, Persson M, Mogren I. Psychosocial and behavioural characteristics in women with pregnancy-related lumbopelvic pain 12 years postpartum. *Chiropr Man Therap*. 2019.

Chiropractic care of adults with postpartum-related low back, pelvic girdle, or combination pain: a systematic review. *J Manipulative Physiol Ther*. 2020;43(7):732-743. doi:10.1016/j.jmpt.2020.05.006

Red Flags in Pregnancy and Postpartum: Preeclampsia and Venous Thromboembolism

American College of Obstetricians and Gynecologists. Gestational hypertension and preeclampsia. ACOG Practice Bulletin No. 222. *Obstet Gynecol*. 2020;135(6):e237-e260.

Royal College of Obstetricians and Gynaecologists. Reducing the risk of venous thromboembolism during pregnancy and the puerperium. Green-top Guideline No. 37a. London: RCOG; 2015.

Safety of Manual Care in Pregnancy and Postpartum

Stuber KJ, Wynd S, Weis CA. Adverse events from spinal manipulation in the pregnant and postpartum periods: a critical review of the literature. *Chiropr Man Therap*. 2012;20:8. doi:10.1186/2045-709X-20-8

Weis CA, Stuber K, Murnaghan K, Wynd S. Adverse events from spinal manipulations in the pregnant and postpartum periods: a systematic review and update. *J Can Chiropr Assoc*. 2021;65(1):32-49.

Postpartum Pelvic Health: Pelvic Floor, Diastasis Recti, and Prolapse

Gluppe S, Engh ME, Bø K. What is the evidence for abdominal and pelvic floor muscle training to treat diastasis recti abdominis postpartum? A systematic review with meta-analysis. *Braz J Phys Ther*. 2021;25(6):664-675. doi:10.1016/j.bjpt.2021.06.006

Impact of postpartum exercise on pelvic floor disorders and diastasis recti abdominis: a systematic review and meta-analysis. PubMed PMID: 39694630.

Hagen S, Stark D. Conservative prevention and management of pelvic organ prolapse in women. *Cochrane Database Syst Rev*. 2011;(12):CD003882. doi:10.1002/14651858.CD003882.pub4

Urinary Incontinence and Pelvic Floor Dysfunction in Athletes and Runners

Dumoulin C, Cacciari LP, Hay-Smith EJC. Pelvic floor muscle training versus no treatment, or inactive control treatments, for urinary incontinence in women. *Cochrane Database Syst Rev.* 2018;(10):CD005654. doi:10.1002/14651858.CD005654.pub4

Teixeira RV, et al. Urinary incontinence in female athletes: a systematic review. *Int Urogynecol J.* 2018;29(12):1757-1763. doi:10.1007/s00192-018-3629-z

Pires T, Pires P, Moreira H, Viana R. Prevalence of urinary incontinence in high-impact sport athletes: a systematic review and meta-analysis. *J Hum Kinet.* 2020. doi:10.2478/hukin-2020-0008

Chronic Pelvic Pain

American College of Obstetricians and Gynecologists. Chronic pelvic pain. ACOG Practice Bulletin No. 218. *Obstet Gynecol.* 2020;135(3):e98-e109.

Dysmenorrhea and Spinal Manipulation

Holtzman D, Petrocco-Napuli K, Burke J. Prospective case series on the effects of lumbosacral manipulation on dysmenorrhea. *J Manipulative Physiol Ther.* 2008;31(3):237-246. doi:10.1016/j.jmpt.2008.02.005

Kokjohn K, Schmid DM, Triano JJ, Brennan PC. The effect of spinal manipulation on pain and prostaglandin levels in women with primary dysmenorrhea. *J Manipulative Physiol Ther.* 1992;15(5):279-285.

Liebl NA, Butler LM. A chiropractic approach to the treatment of dysmenorrhea. *J Manipulative Physiol Ther.* 1990;13(2):101-106.

Perimenopause and Menopause

The 2022 hormone therapy position statement of The North American Menopause Society (now The Menopause Society). *Menopause.* 2022;29(7):767-794. doi:10.1097/GME.0000000000002028

Bone Health

LeBoff MS, Greenspan SL, Insogna KL, Lewiecki EM, Saag KG, Singer AJ, Siris ES. The clinician's guide to prevention and treatment of osteoporosis. *Osteoporos Int.* 2022;33(10):2049-2102. doi:10.1007/s00198-021-05900-y

Relative Energy Deficiency in Sport (REDs)

Mountjoy M, Ackerman KE, Bailey DM, et al. 2023 International Olympic Committee's (IOC) consensus statement on Relative Energy Deficiency in Sport (REDs). *Br J Sports Med.* 2023;57(17):1073-1097. doi:10.1136/bjsports-2023-106994

Trauma-Informed and Patient-Centered Communication

American College of Obstetricians and Gynecologists. Caring for patients who have experienced trauma. ACOG Committee Opinion No. 825. *Obstet Gynecol.* 2021;137(4):e94-e99. doi:10.1097/AOG.0000000000004326