

Objective: To detect efficiency of pregnancy belt during the low back pain condition in the late stage of pregnancy based on literature search, theory and experiment.

Methods: Two participants in the late stage of pregnancy with low back pain condition participated in this experiment. We focused on vibration dampening capacity of a pregnant abdomen using Qualisys a Kistler technique, while using different types of pregnancy belt as a support of the lumbopelvic area. In the second part of the experiment we tested particular pregnancy belt - Cellacare® Materna and its effectiveness on reduction of low back pain at twelve pregnant women, for this purpose we used one standardised questionnaire - Roland-Morris Low Back Pain and Disability Questionnaire.

Results: It appears that there is no difference in reduction of vibration dampening capacity of pregnant abdomen even if different types of pregnancy belts used.

Conclusion: Upon the gained results we can say that the pregnancy belt reduces low back pain in the late stage of pregnancy but probably not by the reduction of the abdomen vibration. It can be supposed that by using the pregnancy belt we can change ballasted characterisations of the lumbar area - the pain disappears.

Keywords: late stage of pregnancy, low back pain, support belt, damping of abdomen oscillation