

# En moderne tilnærming til smerter postpartum

Kvinnehelsekonferansen 2024



# Banebrytende smerteforståelse



## **Disclaimer!**

Dagens presentasjon gjelder primært:

- For smerter med varighet < 3 mnd postpartum
- Når kreft, fraktur og infeksjon (øvrige patologier) er ekskludert



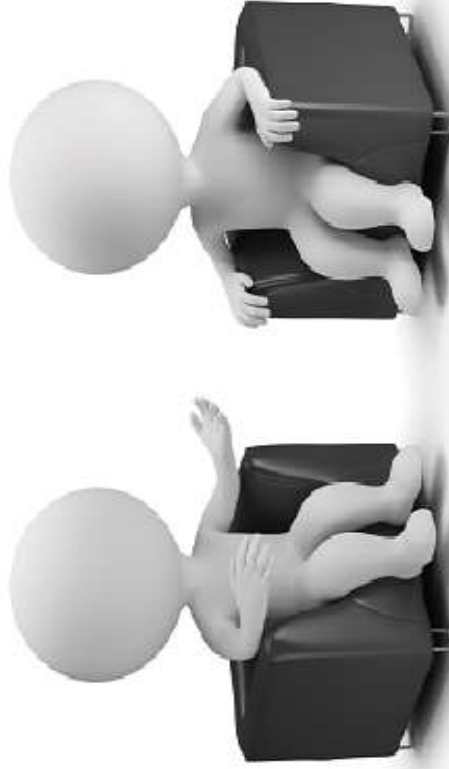
Master's Thesis

**Cognitive Behaviour and Lifestyle of Norwegian Women Living with Pregnancy-Related Chronic Lumbopelvic Pain**

Håkon Fotland  
 Master's Degree in Pain Science and Multi-disciplinary Pain Management  
 Aalborg University, June 2018

**Abstract**

**Background:** The aetiology of non-specific and chronic pain states such as pregnancy-related chronic lumbopelvic pain is poorly understood, nevertheless acknowledged to be multifactorial. The aim of this study was to investigate management strategies to what's generally recommended. Though, for self-management strategies to be effective it's argued that they reflect the multifactorial nature of pain. Based on a theoretical framework constructed from the work on Cognitive Functional Therapy, the Biopsychosocial Model of Pain, and the NeuroMatrix Theory, cognitive behaviour and lifestyle are investigated in a qualitative study. **Methods:** The two domains can participate to capture the sufferer in a vicious cycle of pain, by hampering self-management, and through their effect on threat level (thus affecting central processing and descending modulation). **Objective:** This study aimed at investigate certain features of cognitive behaviour and lifestyle that can be considered as facilitators for chronic lumbopelvic pain. To evaluate if the findings contribute to capture the women in a vicious cycle of pain, they are analysed and discussed against the theoretical framework. **Methods:** The qualitative method was applied, and the study was conducted with semi-structured one-to-one interviews. A phenomenological and hermeneutical approach were used to explore the meaning of the findings. **Results:** The findings is features that are, out of line with the multifactorial nature of pain, hampering self-management, as well as being potential facilitators for an increased threat level. **Conclusions:** Though the empirical data gathered in this study there were revealed multiple examples of features of cognitive behaviour and lifestyle that can be argued to participate in capturing these women in the vicious cycle of pain.



- **Strukturell forståelse for smertene**
- Inaktivitet og bevegelsesfrykt
- Søvnunderskudd
- Begrenset sosial omgang



”Bekkenlåsning”

”Ustabil bekken”

”Svak kjernemuskulatur”

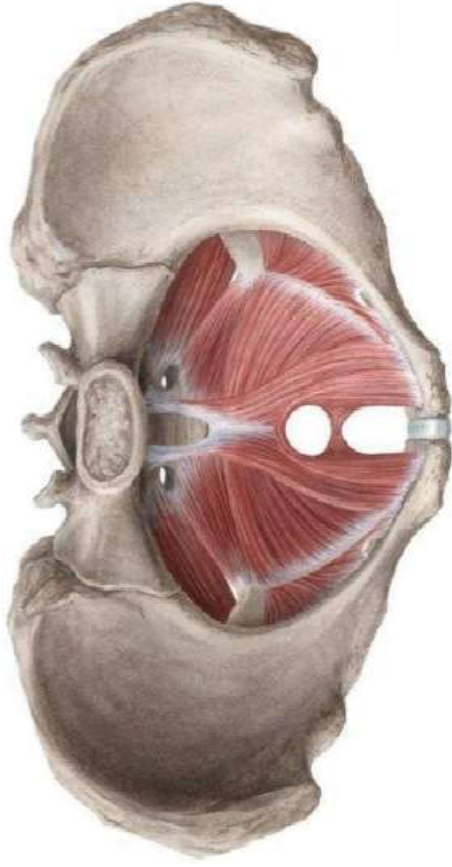
”Ødelagt rygg”

”Skiveutglidning”





# Ingen sammenheng mellom smerte og grad av bevegelighet i ledd og ligamentstrukturer



**Påbegynnende skiveutbukning  
hos 73% av 9-åringer** van den Heuvel et al., 2020

**Ultral lyd av skulder viser funn  
hos 96%** Girish et al., 2011

**Strukturelle abnormaliteter i  
97% av symptomfrie knær** Horga et al., 2020





## Skade uten smerte



## Smerte uten skade

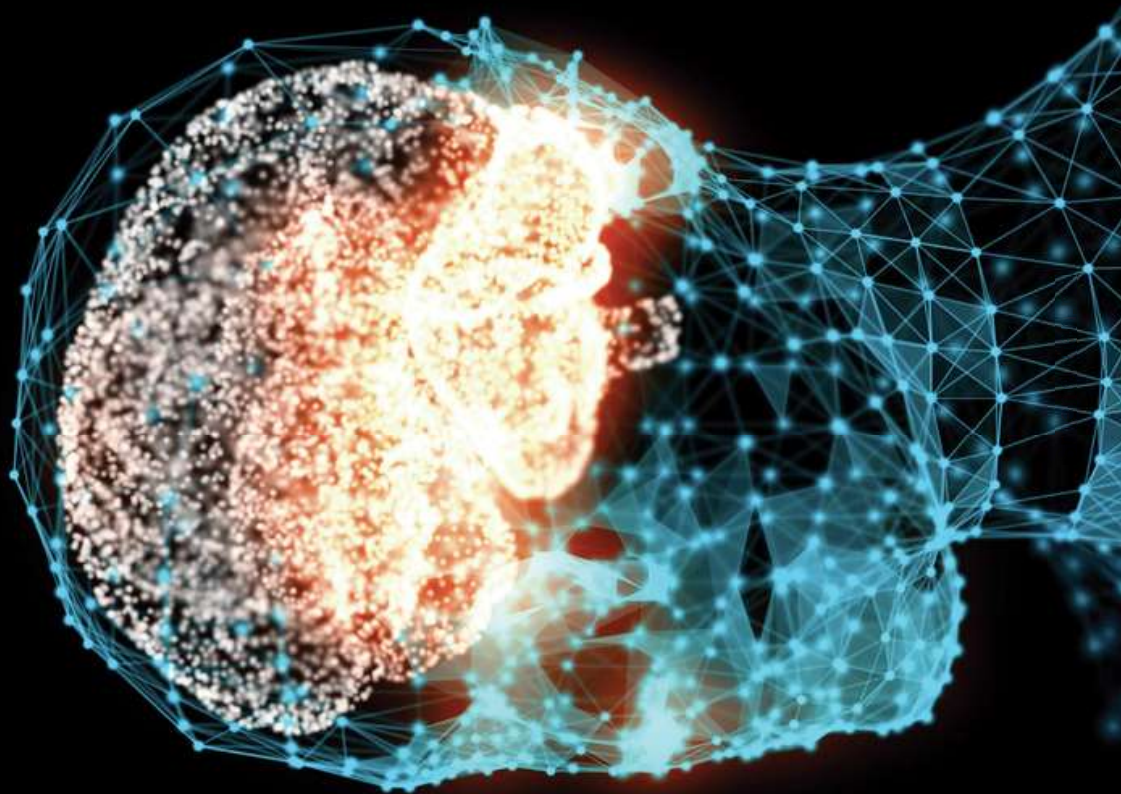


## Smerte uten skade

- Skade  $\neq$  Smerte
- Biomekaniske forhold  $\neq$  Smerte
- Et sansesystem med middels presisjon
- Alle skader gror
  - Arrvev - et sterkt og robust vev
  - Menneskekroppen er tilpasningsdyktig

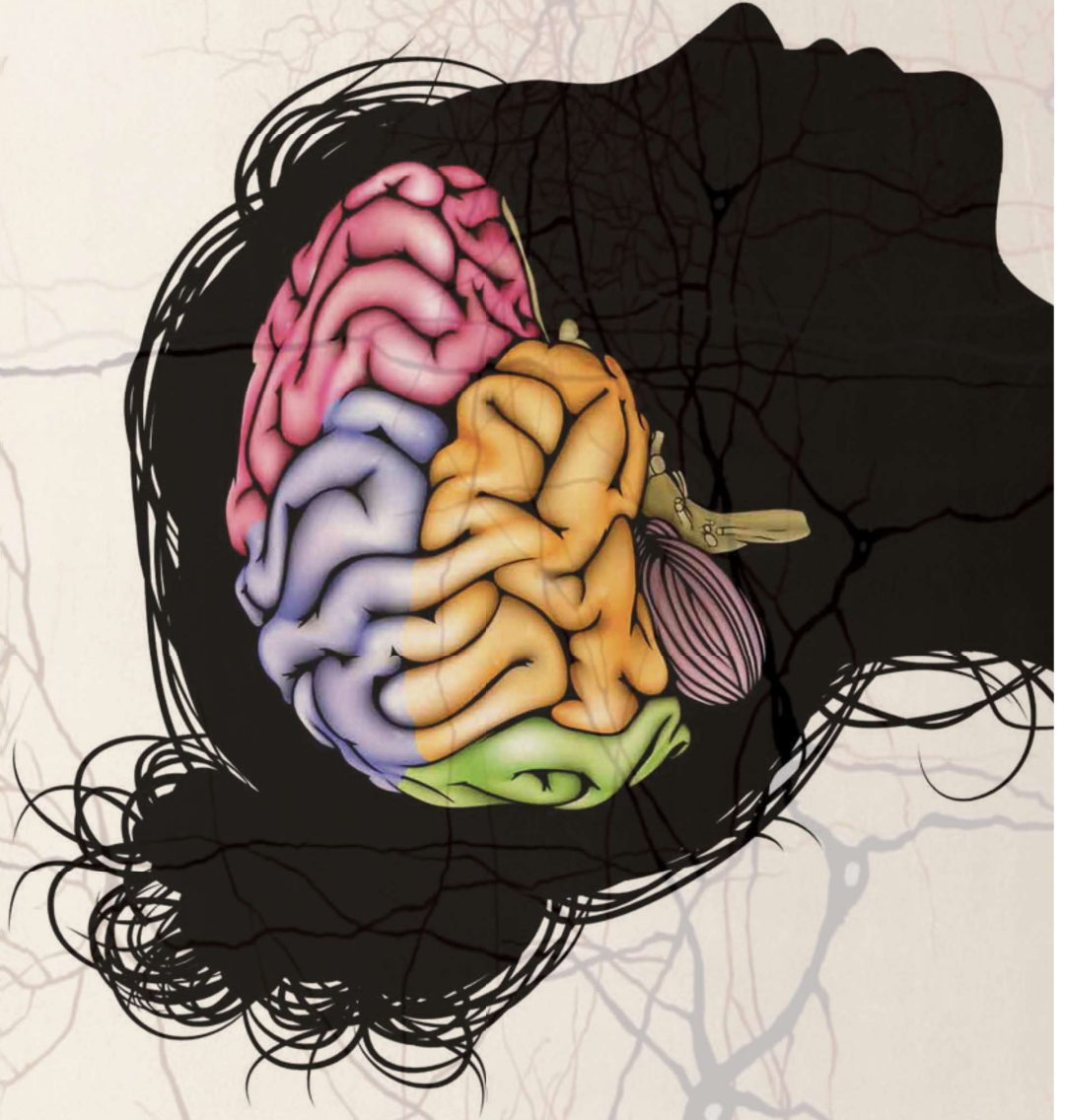
# ”Reisverkets robusthet må ikke forveksles med sensitiviteten til kroppens alarmsystem”

- Ukjent

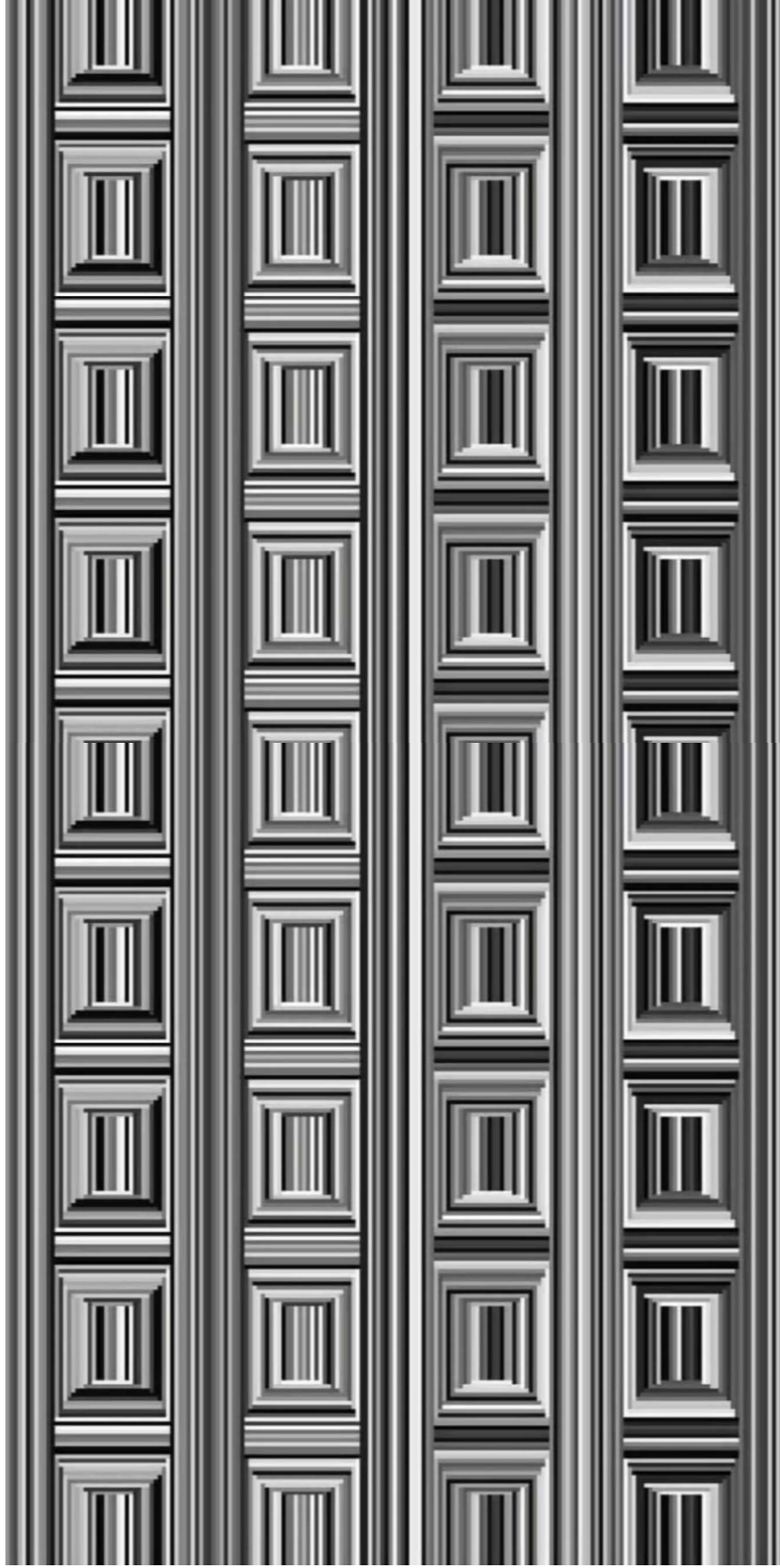




# For å kjenne smerte, MÅ det nevrologiske mønsteret for smerte spilles av i hjernen!





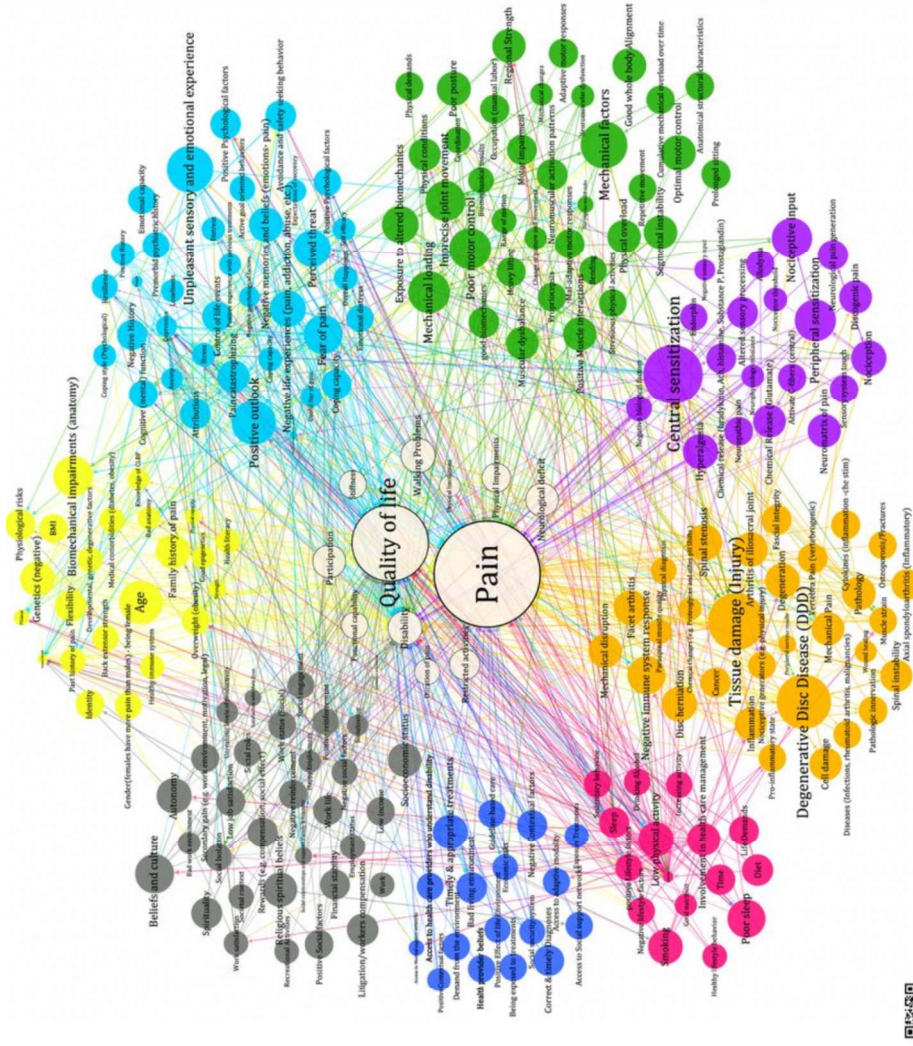




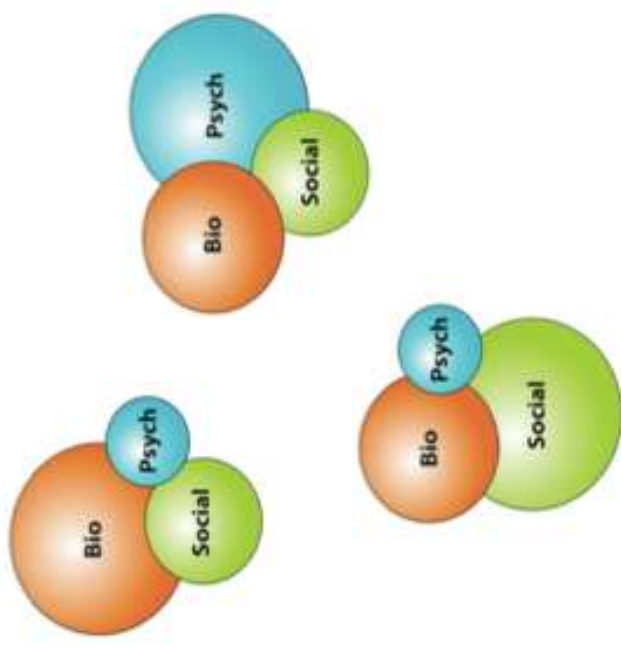
## Hvordan forstå smerte?

- En beskyttelsesmekanisme
- Underlagt stressbiologi
- Et neurologisk mønster





Cholewicki J, Breen A, Popovich JM Jr, Reeves NP, Salmann SA, van Dillen LR, Vreemink A, Hodges PW. Can Biomechanics Research Lead to More Effective Treatment of Low Back Pain? A Point-Counterpoint Debate. *J Orthop Sports Phys Ther.* 2019 Jun;49(6):425-436. doi: 10.2519/jopt.2019.8825. PMID: 31092123.



# Is it good, is it bad, can I have sex?

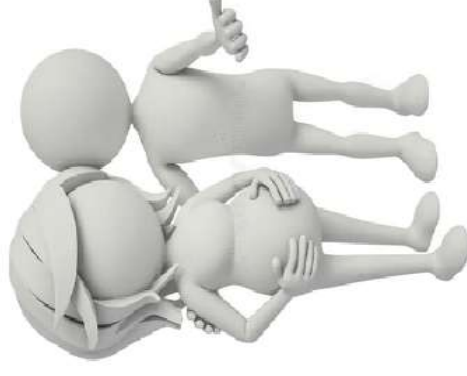
- Louis Gifford



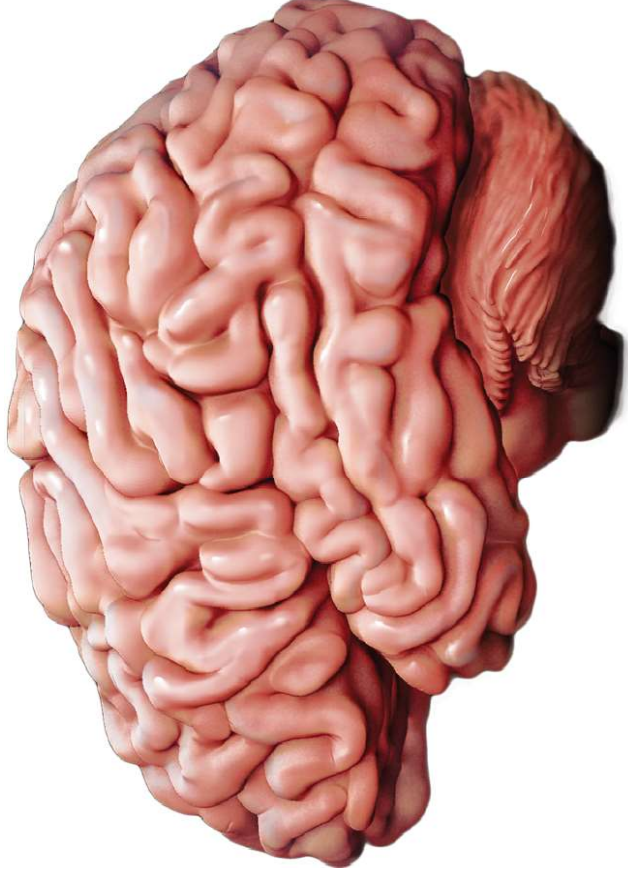


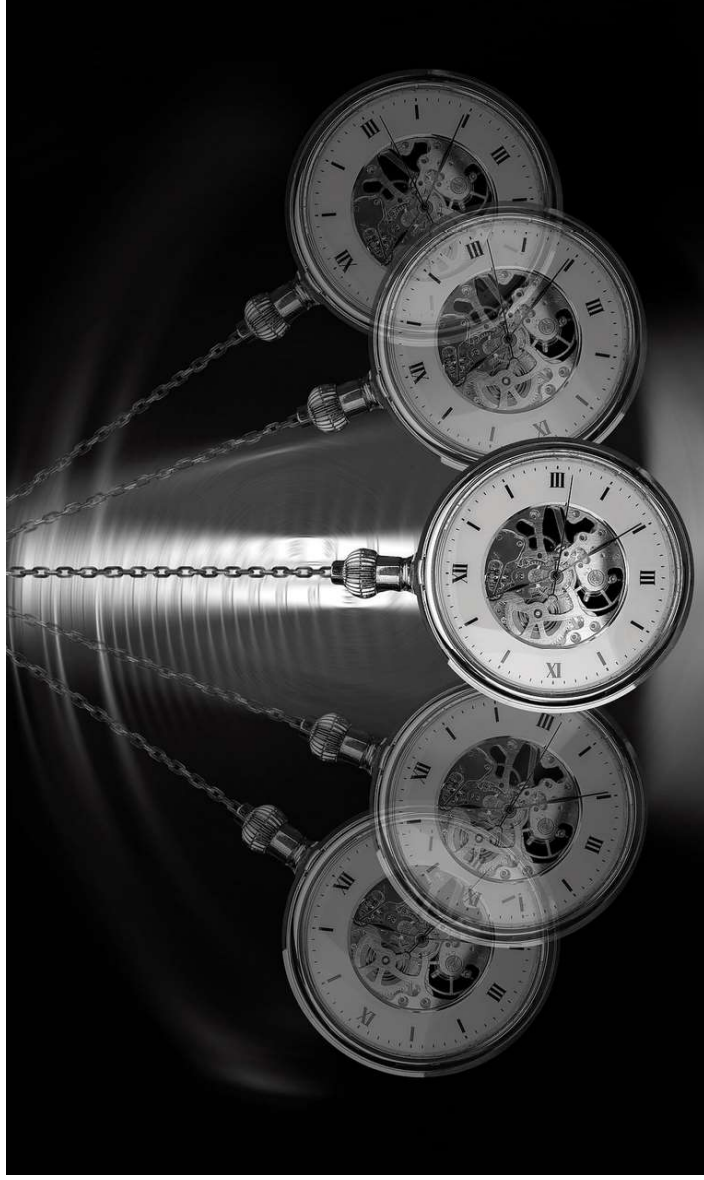
# Svangerskapsrelaterte smerter er normalt

- Kroppslig- og psykososial påkjenning
- **7-10% av disse blir vedvarende**



# Hjernen skanner seg selv, sin tilhørende kropp og miljøet rundt!





Derbyshire et al., 2004

[Smerteviten.no](http://Smerteviten.no)



Kross et al., 2011

[Smerteviten.no](http://Smerteviten.no)



- Emosjoner lagres i arkivet
- Tett forbindelse med ANS
  - ES → økt tensjon og mer smerte (Burns 2008)
  - ES → økt inflammasjon, som gir økt følsomhet for stress (Bottacchio et al., 2022)

# Alarmsystemet søker feedback

Vår naturlige respons på smerte

- Frykt og bevegelsesvegring
- Fokus
- Fighter smertene
- Søker svar og hjelp
- Prøver å fikse ”skaden”



- Økt grad av bevegelsesfrykt
- Redusert søvnkvalitet
- Endret kroppslig persepsjon



The University of Notre Dame Australia  
ResearchOnline@ND

School of Physiotherapy

ResearchOnline@ND

Physiotherapy Papers and Journal Articles

2016

**Disturbed body perception, reduced sleep, and kinesiophobia in subjects with pregnancy-related persistent lumbopelvic pain and moderate levels of disability: An exploratory study**

Darren Beales  
Alison Lutz

Judith Thompson

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Peter O'Sullivan

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Beales, D., Lutz, A., Thompson, J., Wand, B. M., & O'Sullivan, P. (2016). Disturbed body perception, reduced sleep, and kinesiophobia in subjects with pregnancy-related persistent lumbopelvic pain and moderate levels of disability: An exploratory study. *Manual Therapy, 21*, 49-55.

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[10.1016/j.mth.2015.04.016](https://doi.org/10.1016/j.mth.2015.04.016)



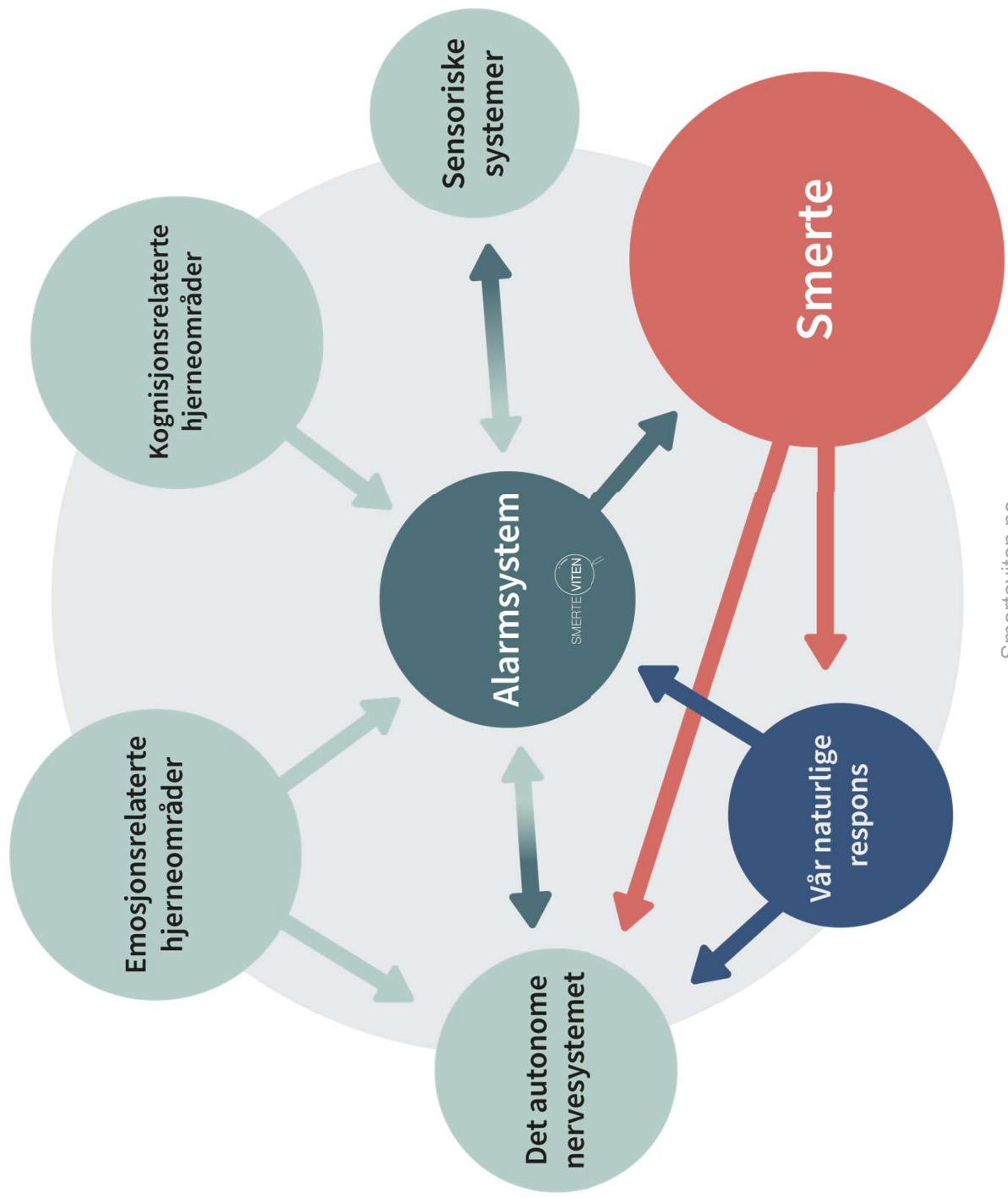
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## Pluss tanker om

- Et ustabilt bekken
- Svak kjerne
- Skjørhet
- Skjevheter
- Dysfunksjoner







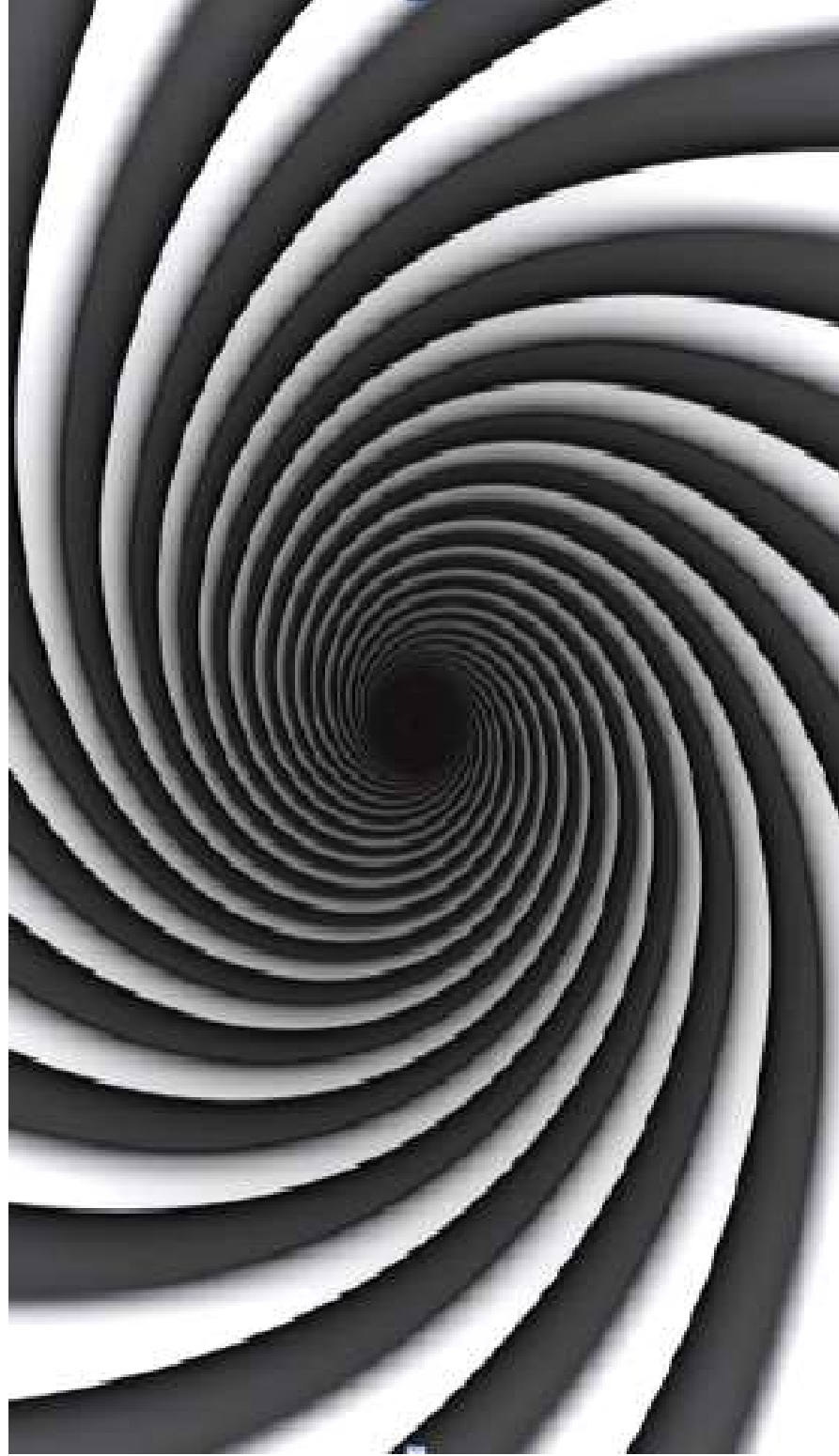
# WAD

Schrader et al., 2006, Castro et al., 2001

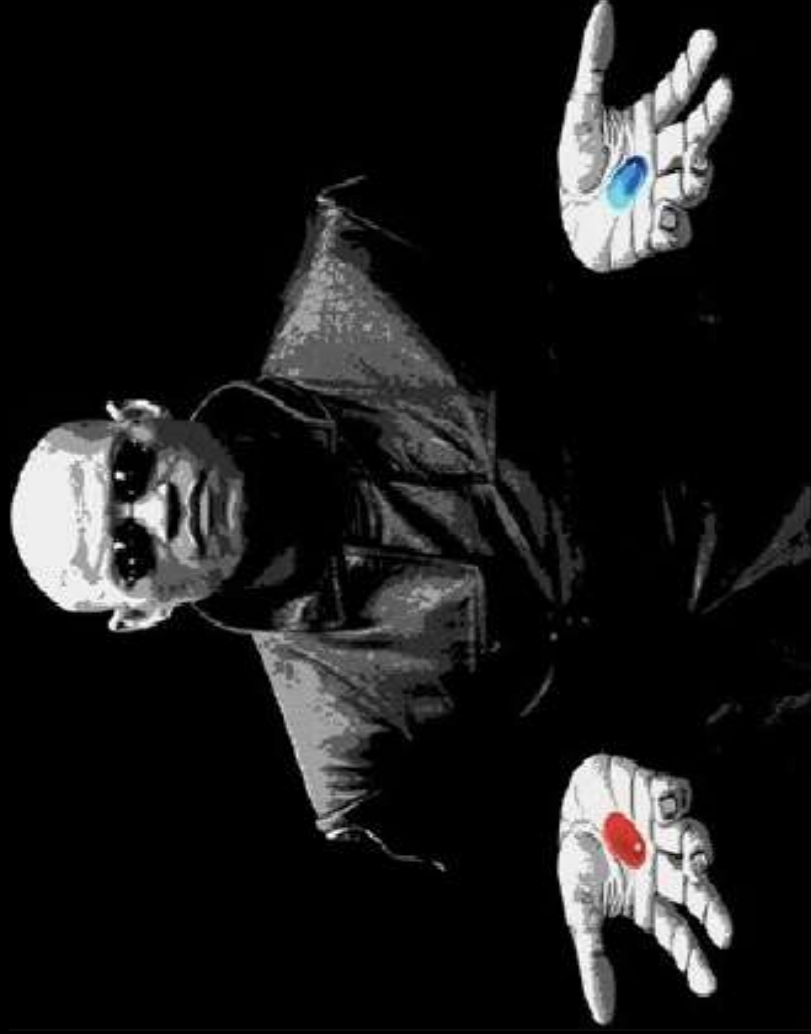
# Is it good, or is it bad?

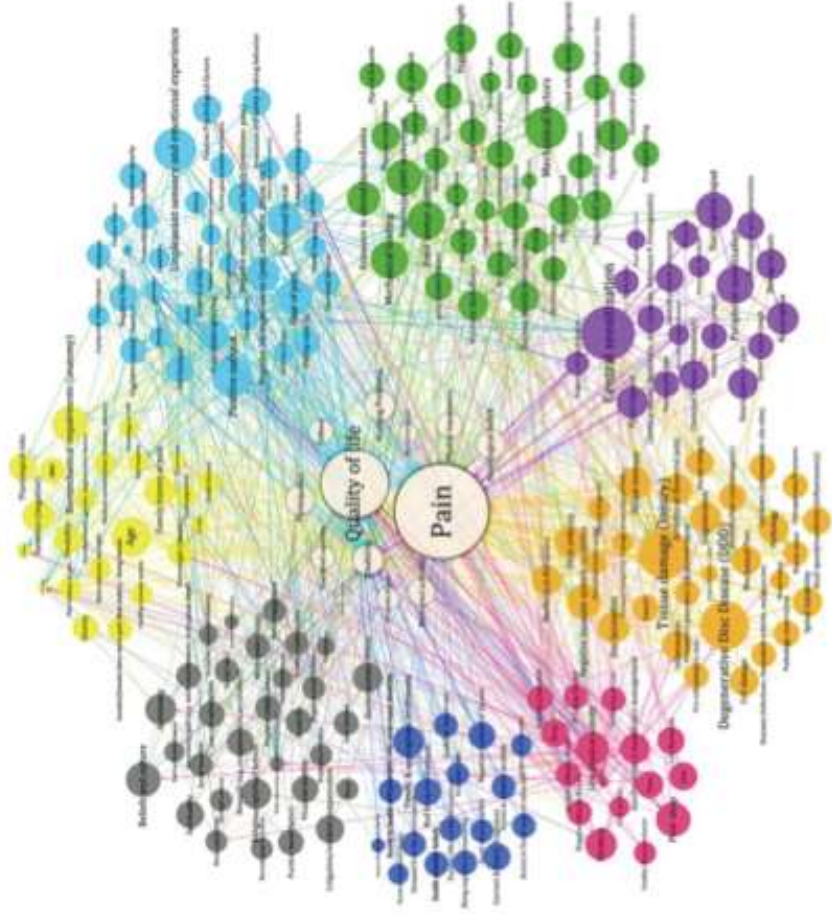
- Psykososialt stress (Crettaz et al., 2013)
- Søvnunderskudd (A.J Krause et al., 2019)
- Narrativ (Wiech 2010)
- Farger (Wiercioch-Kuzianik et al., 2019)











Is it good, or is it bad?

# ”Reisverkets robusthet må ikke forveksles med sensitiviteten til kroppens alarmsystem”

- Ukjent



# Biopsykososial forståelse ✓



- **Oppdatert smerteforståelse**
  - Trygghet
  - Endret adferd
- **Affirmasjoner og prosesserende skriving**
  - Calm the subconscious mind
- **Bevegelse og belastning**
  - Erfaringer (wire apart, depart)
  - TIH
  - ANS
- **Stressregulerende tiltak**
  - Pust
  - Meditasjon / mindfulness
  - Søvn
  - Kuldeeksponering
  - Sosiale aspekt
  - Greenspace exposure





“

Find it, fix it, and leave it alone



# Kvinnekroppen er robust og tilpasningsdyktig!



