

Questionnaire to assess awareness of pregnancy induced postural changes and musculoskeletal issues

This questionnaire is to assess your awareness on postural changes and associated body pain taking place during pregnancy. Please answer the following questions by ticking off the boxes.

Name:

Are you pregnant : yes / no

Number of pregnancy:

Education:

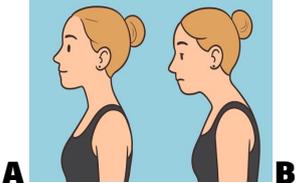
Age:

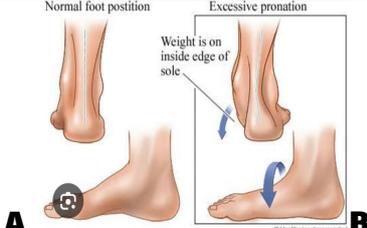
if yes,duration of pregnancy :

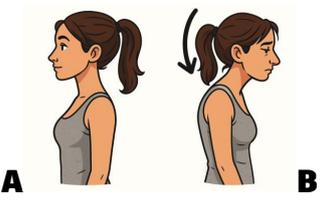
contact details:

occupation:

S.NO	QUESTIONS <i>(During pregnancy)</i>	PICTORAL REPRESENTATION	ANSWERS		
			yes	no	Not sure
1.	Do you know that your legs/ Knees could go from A to B (hyper extended) due to belly growth?	<p>A Normal B Hyperextended</p>	yes	no	Not sure
2.	Do you know that your Joints could become loose(lax) and there is increased flexibility in joints, as from A to B due to Hormonal changes (relaxin) ?	<p>A Normal B Hypermobility</p>	yes	no	Not sure
3.	Do you know that your hands and legs could go swollen from A to B ?	<p>A Normal Foot B Pregnant Swollen Foot</p>	yes	no	Not sure
4.	Do you know that your lower back could change from A to B (lordosis /swayback) ?	<p>A Normal B Lordosis</p>	yes	no	Not sure
5.	Do you know that your standing position could change from A to B ? (for more base of support)	<p>A Normal B Pregnant</p>	yes	no	Not sure

6.	Do you know that your neck posture could change from A to B due to growing Breast?		yes	no	Not sure
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7.	Do you know that your body weight could cause your ankle and feet go from A to B (flat foot & pronation)?		yes	no	Not sure
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8.	Do you know that your upper back could change like this from A to B (Kyphosis) ?		yes	no	Not sure
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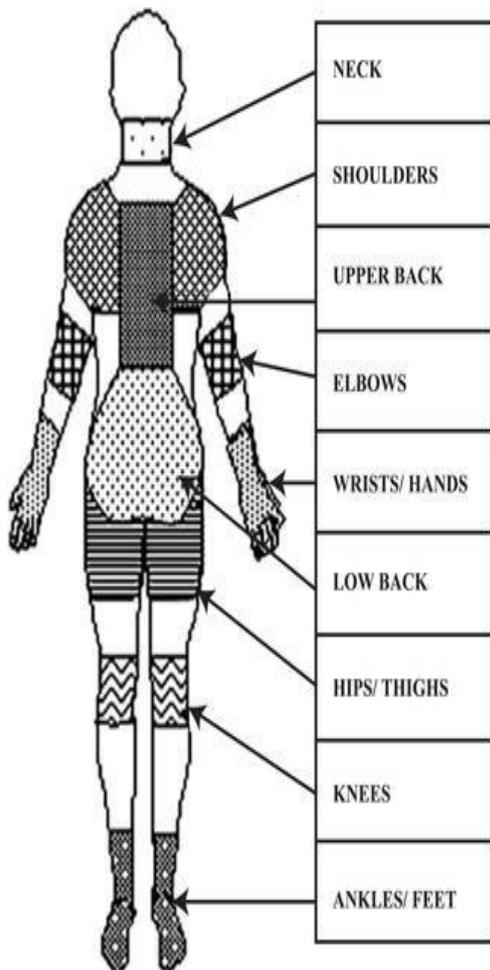
9.	Do you know that your hip position could change from A to B due to baby growth (Forward hip tilt) ?		yes	no	Not sure
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10.	Do you know your shoulder and back could change from A to B due to increasing breast growth?		yes	no	Not sure
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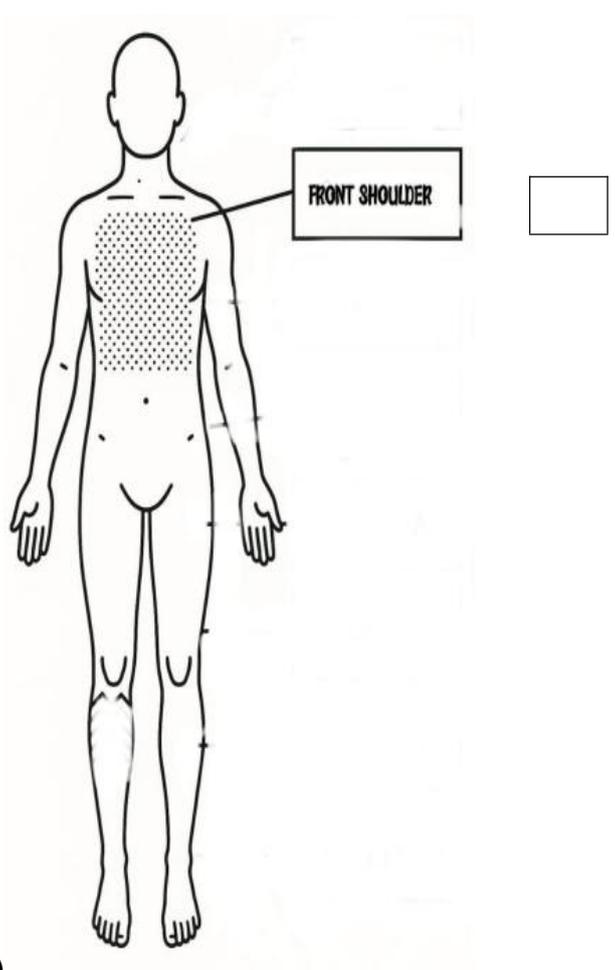
11.	Do you think raising awareness about postural changes and body pain during pregnancy is important?	yes	no	Not sure
12.	Do you think these above changes during pregnancy might impact your work or daily responsibilities by making tasks more physically demanding/causing difficulties in concentrating, due to discomfort or pain?	yes	no	Not sure
13.	Do you know that swelling in your hands and legs could possibly cause pain and numbness in them?	yes	no	Not sure
14.	Do you think that the above postural changes and body pain would affect your mental health during pregnancy?	yes	no	Not sure
15.	Do you think this postural changes might affect your sleep during pregnancy by Making it harder to find comfortable position or frequent waking up due to discomfort?	yes	no	Not sure

16.	Do you think the below are some ways to manage postural changes and associated musculoskeletal pain during pregnancy?		yes	no	Not sure
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17. From the given image below, where all are the possible places you think women would acquire pain during pregnancy? (tick off the boxes)



BACK VIEW



FRONT VIEW

B)

INTERPRETATION: OUT OF TOTAL SCORE 42

Q.No 1-16 = yes-2 / no-1/ not sure-0

Q.No17= each box carries one mark