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Agnieszka Opala-Berdzik, Janusz W. Błaszczyk, Dariusz Świder, Joanna Cieślińska-Świder



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Trunk forward flexion mobility in reference to postural sway in women after delivery: A prospective longitudinal comparison between early pregnancy and 2- and 6-month postpartum follow-ups

Agnieszka Opala-Berdzik ^{a,*}, Janusz W. Błaszczyk ^{b,c}, Dariusz Świder ^d, Joanna Cieślińska-Świder ^e

^a *Department of Physiotherapy in Internal Diseases, Academy of Physical Education, Katowice, Poland*

^b *Department of Human Motor Behavior, Academy of Physical Education, Katowice, Poland*

^c *Nencki Institute of Experimental Biology, Polish Academy of Sciences, Warsaw, Poland*

^d *Institute of Computer Science, Silesian University of Technology, Gliwice, Poland*

^e *Department of Physiotherapy of the Nervous and Locomotor Systems, Academy of Physical Education, Katowice, Poland*

Corresponding author at: Academy of Physical Education in Katowice, Mikołowska 72, 40-065 Katowice, Poland. *E-mail address:* a.opala-berdzik@awf.katowice.pl (A. Opala-Berdzik)

Highlights

Total trunk forward flexion mobility was increased up to 6 months postpartum.

Increased connective tissue laxity may persist for 6 months after pregnancy.

Postpartum women may benefit from pelvis-spine complex stability exercises.

Author Contribution

AOB, JWB, JCS: Conceived and designed the experiments. AOB: Performed the experiments. AOB, JWB, DŚ: Analyzed the data. AOB: Interpreted the data and wrote the paper. JWB, JCS: Critically revised the article. AOB, JWB, DŚ, JCS: Approved the final version to be submitted.

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