**TABLE 3.** Postpartum vs Nulligravid Clinical Assessments.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **INITIAL (8-10 wks postpartum)** | | **FOLLOW UP (24-26 wks postpartum)** | |
|  | **Nulligravid (n=29)** | **Postpartum (n=27)** | **Nulligravid (n=16)** | **Postpartum (n=26)** |
| MMT (AU) | 4.3 ± 1.0 | 2.7 ± 1.2\* | 4.5 ± 0.7 | 2.9 ± 1.1\* |
| (+) ASLR test | 23% | 37% | 12.5% | 44%\* |
| UL (+) | 18.20% | 22% | 12.50% | 20% |
| B (+) | 4.50% | 15% | 0.00% | 24% |
| (-) ASLR test | 77% | 63% | 87.5% | 56% |
| Oswestry (%) | 1.7 ± 3.2 | 4.6 ± 5.4\* | 0.8 ± 1.8 | 5.0 ± 7.2\* |
| PFDI (AU) | 8.2 ± 17.6 (n=10) | 38.6 ± 42.6\* (n=24) | 6.1 ± 12.2 (n=4) | 28.7 ± 24.7\* (n=26) |
| PGQ (AU) | 0.4 ± 1.3 (n=10) | 4.4 ± 6.9\* (n=23) | 0 (n=4) | 3.3 ± 6.2 (n=26) |
| 6MWT (m) | 689 ± 57 | 640 ± 65\* | 692.5 ± 56.1 | 648.7 ± 61.4\* |

MMT=Manual Muscle Testing; AU=Arbitrary Units; (+) ASLR test=positive Active Straight Leg Raise test (lifting leg was easier with external pelvic compression); (-) ASLR test = negative Active Straight Leg Raise test (no change in difficulty of lifting leg with external pelvic compression); PFDI=Pelvic Floor Distress Inventory; PGQ=Pelvic Girdle Questionnaire; 6MWT=Six Minute Walk Test; m=meters; wks= weeks; PP = postpartum. \* indicates *p*<0.05 **(between-groups)**. **Within-group changes for the Oswestry, PFDI, and PGQ did not meet MCD/MCID for either group (nulligravid or postpartum).**