**TABLE 4.** Cesarean vs Vaginal Delivery Clinical Assessments.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **8-10 wks postpartum** | | **24-26 wks postpartum** | |
|  | **Vaginal Delivery (n=17)** | **Cesarean Delivery (n=10)** | **Vaginal Delivery (n=16)** | **Cesarean Delivery (n=10)** |
| MMT (AU) | 2.9 ± 1.1 | 2.4 ± 1.4 | 3.0 ± 1.1 | 2.7 ± 1.2 |
| (+) ASLR test | 41% | 30% | 44% | 44% |
| UL (+) | 23.50% | 20% | 19% | 22% |
| B (+) | 17.60% | 10% | 25% | 22% |
| (-) ASLR test | 59% | 70% | 56% | 56% |
| Oswestry (%) | 6.4 ± 6.0 | 1.6 ± 2.5\* | 5.8 ± 8.0 | 3.9 ± 6.1 |
| PFDI (AU) | 43.8 ± 34.0 | 30.9 ± 49.8\* | 30.7 ± 27.5 | 25.4 ± 20.3 |
| PGQ (AU) | 7.3 ± 8.6 | 1.4 ± 2.8\* | 2.2 ± 4.9 | 5.1 ± 7.8 |
| 6MWT (m) | 645 ± 62.0 | 631.8 ± 71.3 | 655.6 ± 53.2 | 637.6 ± 74.5 |

MMT=Manual Muscle Testing; Wks=weeks; 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. \* indicates *p*<0.05 **(between-groups)**. **Within-group changes for the Oswestry, PFDI, and PGQ did not meet MCD/MCID for either group (vaginal delivery or Cesarean delivery).**