

Case Blog

Symphysis Pubis Diastasis

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Figure 1: AP view pelvis(shows separation).

Figure 2: Shows mild separation in symphysis pubis.

A 24 years old women working in a garment factory as an export assistant at sarjapura, Bangalore. She fell down 6 months before from the stair steps with weight in the hand. Presently she has a complaint of pain on the medial aspect of thigh, difficulty in walking, standing and climbing stairs. She consulted orthopedician at The Oxford Medical College, Attebele, Banglore. Orthopedician advised going for pelvis X- ray. She was referred to our The Oxford, physiotherapy outpatient department on 27/5/2016. Physiotherapy examination and treatment was done with the assistance of Ms. Gayathri, VAS scale shows pain level on 8. She was fine for past 6 months after fell down in the steps. But the pain was started from one week before. Nature of job was examined, she has to do frequent bending and twisting her back while doing her work. The pain was gradually started on the medial aspect right thing and extending from groin area during walking and climbing stairs. X-ray findings show separation of symphysis pubis. Clinically termed as Symphysis pubis Diastasis. The gap of the symphysis pubis, normally is 4-5 mm. Increased gap between symphysis pubis attachment seen (Figures 1 and 2).

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Citation: Thiyagarajan SK (2016) Symphysis Pubis Diastasis. *Int J Clin Med Imaging* 3: 487. doi:10.4172/2376-0249.1000487

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