

## Pelvic pain during pregnancy: A case report of femoral and popliteal deep vein thrombosis

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### Abstract

Pregnancy is a prothrombotic state, characterized by factors that may lead to the formation of deep vein thrombosis (DVT) including venous stasis, and endothelial changes leading to increased risk of blood clotting. Thus, pregnant women are up to five times more likely to develop DVT than non-pregnant women. Yet, it is more difficult to diagnose this problem among this population. The incidence of venous thromboembolic events in pregnancy is 1:500-2,000. In addition, DVT during pregnancy is associated with morbidity and high medical costs, and late diagnosis is associated with high mortality rates.

In the case described here, a 34-year-old woman, in her 24th week of pregnancy, was referred by the orthopedic doctor for physical therapy five days after the onset of pelvic pain. The pain was located in the left groin and left buttock, and greatly increased during weight bearing. The woman complained about this to the gynecologist during her pregnancy follow-up visit. The orthopedist's diagnosis was pregnancy-related pelvic pain arising from the musculoskeletal system.

Findings during the physical therapy examination included considerable difficulty in weight bearing on the lower left limb, and limitation in the range of motion in the left hip, with no swelling or discoloration in the limb. The woman was instructed to perform exercises to improve weight bearing on the lower extremity and range of motion in the left hip. After three days, she

developed swelling, redness, and stiffness of the calf muscles and was immediately referred to the emergency room. A Doppler examination revealed DVT of the popliteal and femoral vein in the left leg.

After being treated with anticoagulants, and hospitalized for two weeks, she was discharged home with anticoagulants. The remainder of the pregnancy was uneventful, and she gave birth to twins by Caesarean section in the 38th week of pregnancy.

**Keywords:** deep vein thrombosis, pregnancy, pelvic girdle pain