**Title:** The effect of some simple exercises and correct daily activities on backache and dependent variables during pregnancy period  

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**Abstract:**  
BACKGROUND AND OBJECTIVE:  
Few studies have been done to demonstrate cause and effect of various supplements and exercise in the backache women. So this research carried out in order to investigate the effect of some simple exercises and daily activity on pregnancy period.  
Methods:  
This study was selected by block sampling methods clinical performed on 132 pregnant women with 8 to 12 weeks gestational age were divided in case (n=20) and control group (n=24). The study group included 66 women and control group included 72 women. The research had four stages: 1) taking history, 2) a teaching program for study group, 3) collecting data, 4) assessment and analyzing data using Chi-square and T tests. Data were analyzed by SPSS for statistical analysis.  
Results:  
Most of the studied persons in two groups emphasized that this backache was only in one side alternately was in the down of waist back. 18.2% of case group and 36.6% of control group had the backache during pregnancy (p<0.05). Also daily activities, walking was important factor in the case group said that only daily activities important (31.8%).  
Conclusion:  
The result showed that the doing exercises during pregnancy period, not only has any injury on embryo, but also can improve outcome of pregnancy.  

**Presentation:** Poster