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Balance Confidence in Sub Acute Postpartum Period (12 Hrs-6 Weeks)**Suraya Niyaz¹, Kanu Goyal²**

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Abstract

Falls caused by balance during pregnancy are quite common, and these issues can continue postpartum, potentially posing a danger to both mother and baby due to many physiological, anatomical and physical changes during pregnancy. The postpartum mothers have fear of falling while performing the various activities like walking on their own without having assistance, giving their baby the possible care, going to the toilet on their own, risk of falls and sustained fall-related injuries. The objective of the study was to evaluate the level of confidence of balance in the early postpartum period to prevent the fall. This study was done through cross-sectional observational study at 12 hours to 6 weeks of postpartum period. 281 women with age group 17-36 years who met inclusion criteria were recruited in the study.

Methodology: Balance confidence was measured through questionnaire. Sample size of our study was 281; among them 19% had normal delivery and 81% had c-section delivery. Normality of demographic was assessed by Shapiro Wilk test.

Result: It was found that balance is affected in postpartum period. Balance confidence is affected in the postpartum period. They can perform the activities with assistance.

Keywords: *Pregnancy, postpartum, Balance, Fall risk, Confidence.*