

# Chiropractic care for Pregnancy

## ... tell me more

### 1. Should you have Chiropractic care during your pregnancy?

Yes. Chiropractic care can help you and your baby achieve a healthier pregnancy and delivery. It is gentle and safe. The health benefits have been demonstrated in clinical studies.

One study<sup>1</sup> found that women who received Chiropractic adjustments in their third trimester of pregnancy were able to carry and deliver children with more comfort.

Another study<sup>2</sup> that incorporated Chiropractic adjustments during the patient's pregnancy found that the need for pain killers during delivery was reduced by half.

### 2. How can Chiropractic adjustment help during pregnancy?

Chiropractic adjustment, consisting of gently realigning the bones of the spine so the body can return to its natural, self-healing state, is a help during pregnancy.

Women have special needs during pregnancy

During pregnancy many physiological and endocrinological changes take place for the purpose of creating an optimal environment for the developing baby. Every system in a woman's body is involved.

The musculo-skeletal systems are affected by the protruding abdomen, duck-like walk, and increased back curve. The pelvis changes early in pregnancy due to the release of hormones estrogen and relaxin. This causes the ligaments to relax and soften, which (combined with the increased synovial fluid) widens the pelvic joints. This increased mobility is not restricted to the pelvis only, but may be noticed in other joints and muscles as well.



As the uterus enlarges and expands forward, the center of gravity is displaced. Subluxations of the spine may occur, and this results in associated muscle cramps and nerve pain. This posture change strains the lower back and pelvis, which may result in lower back pain. Half of all women complain of low back pain during pregnancy.

### 3. When should you be checked for subluxations?

The best time to be checked for subluxations is before you would like to become pregnant. This is to ensure

proper pelvic and spinal alignment before pregnancy begins. If you are already pregnant, chiropractic adjustments can be given throughout your pregnancy and directly after your labor and delivery.

For further questions or concerns feel free to contact our office at:

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