

Chiropractic care during pregnancy

During pregnancy, weight-bearing changes occurs. This can cause an added stress to the spine. Chiropractic care during pregnancy not only can help you to stay more comfortable, but can also help to facilitate your birth.

Chiropractic care during pregnancy has been shown to significantly reduce the length of time a woman labors. First time moms averaged a 24 percent shorter labor, while mothers who have already given birth experienced a 39 reduction reduction in the average labor length, compared to controls (Fallon, 1991). Chiropractic adjustments during pregnancy can also reduce the likelihood of experiencing back labor (Diakow, 1991). Regular chiropractic adjustments can safely continue up until the time of birth (Penna, 1989).

"As your baby descends into your pelvic cavity, you may feel sharp, stabbing pains at the base of your spine or in the middle of your pelvic bone, making uncomfortable twinges of pins and needles in the cervix itself. Pain may radiate down your back or thighs. The increased pelvic pains are likely due to the relaxation and stretching of your pelvic ligaments in preparation for labor. You can ease these discomforts by changing positions. Exercise gently every day. If you cannot exercise without pain, consult your doctor. He or she may be able to recommend a chiropractor experienced in working on pregnant bodies, who may be able to give you some gentle pelvic adjustments to get your hips back in balance. It is our personal theory that chiropractic care in pregnancy can help to avoid or relieve back pain and also prepare your back and pelvic structures the stresses of labor and birth." (Sears & Sears, 1997)

