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Chiropractic care leads to more comfortable pregnancy



**Meaghan
S. Brent,
D.C.,**

Brent Family
Chiropractic

When a woman finds out she is pregnant, many questions come up about what to do next. She may think about what appointments to schedule or how to make healthy choices for herself and her growing baby. But is chiropractic care on her mind?

An increasing number of women are realizing the benefits of chiropractic care and are incorporating regular chiropractic adjustments into their prenatal regimen. Chiropractic care can lead to a more comfortable pregnancy and safer delivery for mother and baby.

From the moment of conception, a woman's body goes through a series of remarkable changes. Some changes are easy to spot, such as her growing belly. But there are many other hormonal changes taking place which can create instability in all the joints in her body. These hormonal and structural changes can lead to



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spinal and pelvic misalignment, which manifests itself in low back pain, sciatica, headaches and more.

Chiropractors are trained to take care of these issues in a safe and effective way, without the use of drugs or surgery. In a study by J. Fallon for the World Chiropractic Association, women receiving chiropractic care through their first pregnancy had a 24 percent reduction in labor times, and subjects giving birth for the second or third time reported a 39 percent reduction in labor times. In addition, a study by JM Daly showed that 91 percent of women reported relief of back pain during pregnancy with chiropractic care.

For women who are carrying a breech baby (the baby's feet or rear end are facing down) or transverse baby (the baby is laying on its side), chiropractic care can help them avoid a cesarean section. A specific chiropractic adjustment, called the Webster Technique, removes the intrauterine constraint to enable a baby to turn on its own to the normal head down position. This technique, performed by certified practitioners, focuses on the spinal and pelvic alignment of the mother-to-be. It is not a medical treatment, such as external version, and has a safe and highly effective success rate. In fact, the Journal of Manipulative and Physiological Therapeutics has reported an 82 percent success rate of babies turning into the correct position for delivery with this technique.

With a balanced pelvis, babies have a greater chance of moving into the proper position for birth, and the crisis and worry associated with breech and posterior presentations may be avoided altogether. Optimal baby positioning at the time of birth also eliminates the potential for slowed or difficult labor and therefore results in easier and safer deliveries for expectant mothers.

Chiropractic care is a safe and effective way to achieve proper biomechanics leading to a more pleasant birthing experience for both mother and baby. Incorporating regular spinal check-ups, exercise and proper nutrition into your regular routine can make pregnancy a natural, comfortable and exciting experience. 



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