

PREGNANCY



Chiropractic care can help the spine and pelvis cope with the effects of pregnancy by improving balance, mobility, and core strength and stability.

During pregnancy, a woman's center of gravity shifts forward to the front of her pelvis. This additional weight in front, causes stress to the joints of the pelvis and low back. As the baby grows in size, the added weight causes the curvature of her lower back to increase, placing extra stress on the facet joints on the back side of the spine. Any pre-existing problems in a woman's spine tend to be exacerbated as the spine and pelvis become strained, often leading to pain and difficulty performing normal daily activities.



Studies have found that about half of all expectant mothers develop low-back pain at some point during their pregnancies. This is especially true during the third trimester when the baby's body gains the most weight. Chiropractic care throughout pregnancy can relieve and even prevent the pain and discomfort frequently experienced in pregnancy, and creates an environment for an easier, safer delivery. It is one safe and effective way to help the spine and pelvis cope with the rapid increase in physical stress by restoring a state of balance. In fact, most women have found that chiropractic care helped them avoid the use of pain medications during their pregnancy, and studies have shown that chiropractic adjustments help to reduce time in labor.

Chiropractic tips for pregnant women:

- Be sure to get adjusted regularly. Chiropractic care can help maintain a healthy musculoskeletal and nervous system function throughout a pregnancy and childbirth.
- Do some gentle exercise each day. Walking, swimming, or stationary cycling are relatively safe cardiovascular exercises for pregnant women. Avoid any activities that involve jerking or bouncing movements. Stop exercise immediately if you notice any unusual symptom, such as nausea, dizziness or weakness.
- When picking up children, bend from the knees, not the waist. Your low back is much more prone to injury during pregnancy.
- When sleeping, lay on your side with a pillow between your knees to take pressure off your lower back. Full-length "body pillows" or "pregnancy wedges" are very popular and can be helpful.
- Eat several small meals or snacks every few hours, rather than three large meals per day. This will help alleviate nausea, stabilize blood sugar and allow your body to extract the maximum amount of nutrients from the foods that you eat. Proper nutrition and supplementation when necessary are essential for pregnancy and post partum health.