



Why should I have chiropractic care during pregnancy?

The symptoms of Lower back pain, pubic pain and reflux are the most common complaints from pregnant women. During pregnancy, there are a number of physiological and hormonal changes that occur in preparation for creating the environment for the developing baby. The following are changes to the women that can occur and result in a misaligned spine or joint:

- Protruding abdomen and increased back curve

- Pelvic changes

- Postural adaptations

- Hormonal changes

- Ligament strain

Establishing good pelvic balance and alignment is key reason to obtain chiropractic care during pregnancy. When the pelvis is misaligned or unbalanced it may reduce the amount of room available for the developing baby. This restriction is called intrauterine constraint. Misalignment of the pelvis may also make it difficult for the baby to get into the best possible position for delivery.

Due to the nervous system being the master communication system to all the body systems, including the reproductive system, maintaining or improving spinal alignment will help the entire body work more effectively.

What are the benefits of chiropractic care during pregnancy?

Potential benefits of chiropractic care during pregnancy include:

- Maintaining a healthier pregnancy

- Reducing the time of labor and delivery

- Relieving back, neck or joint pain

- Improve chances of natural delivery

The techniques utilized are all lower force and specific for the pregnant women and are very safe for both mum and bub.

