



Chiropractic Care is a Family Affair: The Benefits of Chiropractic Care For Pregnant Moms and Their Families

By
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For most women, finding out that you are pregnant is a time of extreme joy and happiness. But, once the first 6 weeks of bliss pass, for many women the next 34 weeks become a time of pain, nausea and sleepless nights as their bodies go through changes physically and psychologically. However, just because you are pregnant, it does not mean that you need to suffer! And, after delivery, you should be able to focus on the health of your beautiful newborn and not the post-partum aches, pains and postural strains your body has to endure. So, what is a pregnant mom or the mother of a newborn to do? Well, more and more pregnant and post-partum women are choosing the non-invasive approach of chiropractic care to get through their pregnancy pain-free and raise their families in a natural way!

Why Chiropractic Care?

Every thought you have ever had, every movement you have ever made and every sensation you have ever experienced has been dependent on the nerve messages flowing freely throughout your body. Since our brain and nervous system control the function of every cell, tissue, and organ of our bodies (and our unborn baby's body) it is vitally important for our nervous system to operate at 100% for optimal health. Our spine protects our spinal cord and when a spinal bone shifts out of normal alignment it may produce abnormal motion and damaging pressure on spinal nerves. This condition is known as vertebral subluxation and if present, it may interrupt the vital nerve flow within our bodies and to our baby. Chiropractic care diagnoses and corrects subluxations which interfere with normal body function. Many subluxations do not cause immediate pain and you may not even realize they are present, but if they are left uncorrected the body's capacity for health can deteriorate.

The Benefits of Chiropractic Care During Pregnancy

Unfortunately, subluxations are an inherent part of pregnancy due to the hormonal and postural changes that occur in the spine and pelvis which affect the associated joints, nerves, muscles and connective tissue. Realignment of the spine and pelvis can be achieved through chiropractic care which focuses on gentle adjustments either with the doctor's hands or with special adjusting instruments to remove the subluxations and allow the joints of the spine to function properly.



Studies have shown that this approach helps alleviate the vast majority of common neuromusculoskeletal symptoms experienced by pregnant women: low back pain and sciatica, headaches, neck, shoulder and arm pain or tingling, carpal tunnel syndrome, pubic pain or separation, and pain in the ribcage. Further studies have shown that chiropractic care reduces nausea and vomiting, decreases pain during labor and delivery, and reduces mean labor time. Other benefits include a reduced number of breach presentations, reduced cesarean section rates, less labor intervention, and a quicker recovery.

1. Low back Pain

Roughly one half of all mothers-to-be suffer from low back pain and doctors now agree that pregnancy related low back pain is associated with a condition called sacroiliac joint dysfunction (often referred to by chiropractors as SI subluxation). A subluxation is a misalignment of a joint and it creates irritation to the nerves and tissues in the surrounding area. The sacroiliac joints are created by the joining of the sacrum (the triangular bone that sits above our tailbone) and the bones that are on either side of the sacrum known as the innominate bones (the area many people consider the hips). Many hormones increase rapidly during pregnancy and some of them relax the muscles, ligaments, and joints in the body. This allows the pelvis to open during delivery so that the baby's head and shoulders can pass through the birth canal. But, this relaxation combined with weight gain, postural changes and stretching of the stomach muscles also disturbs the proper alignment of the spine and pelvis producing subluxations during pregnancy. It is these factors that increase the stress on the joints, nerves, and discs of the low back and pelvis and create pain.



2. Headaches

Due to the changes in a pregnant woman's posture, extra stress to the spine and nervous system often occurs in the neck and shoulders. Subluxations of the neck are often the cause of neck pain and headaches during pregnancy and can be easily corrected with chiropractic care.

3. Carpal Tunnel Syndrome

Carpal tunnel syndrome causes painful tingling, burning and numbness into the wrist and hand and it occurs in approximately 20% of all pregnancies. Subluxation of the wrist bones often occurs during pregnancy because of hormonal changes and swelling of the wrist and hands and Chiropractic adjustments can help.

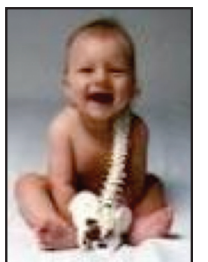
4. Mid-back and Rib Pain

Pain in the midback that radiates into the ribcage is often due to subluxations that cause the nerves between the ribs to get irritated. Chiropractic adjustments remove the subluxations to decrease the pain.

5. A Breech Baby

The "Webster Breech Turning Technique" is a non-invasive and gentle chiropractic technique that is highly successful in helping mothers with breech babies. The technique has been featured on the The Learning Channel's "A Baby Story", Mothering Magazine, and Midwifery Today. The way it works is the following: The uterus is attached to the bones of the pelvis by ligaments. As long as the bones are in the right position and are moving properly, the ligaments should provide equal and balanced support for the uterus. If the pelvis is misaligned or subluxated, the ligaments become torqued and can cause a condition known as "in-utero constraint". If the uterus is constrained as birth approaches, the baby is prevented from getting into the best possible position for birth and may end up breech. Chiropractors correct the subluxations of the pelvis and decrease spasms in specific muscles and ligaments that attach the uterus to the pelvic bones to help the baby turn.

By this time you are probably wondering "How do Chiropractors correct these subluxations?" Chiropractors correct subluxations by performing chiropractic adjustments- a gentle procedure where the Chiropractor applies light pressure to the joints of the spine to restore normal motion and alignment, decrease stress on the nervous system, and decrease pain and muscle spasm. Chiropractors who specialize in maternity care will often have special adjusting tables for the pregnant mother so that she can lie on her stomach without any pressure (they love these tables!) so that her spine can be examined.



Chiropractors are the only doctors who are licensed to diagnose and correct subluxations and there are currently only 10 Chiropractic Physicians in Connecticut who have completed a 3 year post-doctorate degree to specialize in maternity and pediatric care. There are many benefits to chiropractic care, two of the most important are that chiropractic offers a drug-free approach to pain reduction and studies show that expectant mothers who receive chiropractic care are less likely to suffer from the dreaded "backlabor" and they have reduced labor time.

Remember, pregnancy should be a time full of

Success - Healthy Pregnancy and Delivery!

A neighbor of mine told me about Dr. Sloves during my pregnancy because I was having severe lower back pain. In addition, my baby was in the breech presentation and I did not want a C-section. I had tried physical therapy before but it really did not help much at all. I started treatment with Dr. Sloves and after just 1 visit my baby was no longer breech and within a few visits my pain was gone. I would absolutely recommend Dr. Sloves and chiropractic care during pregnancy!

-Sandy M.

Chiropractic care was a godsend during my pregnancy! I experienced severe lower back and neck pain and was unable to walk or hold my toddler. I was recommended to Dr. Sloves from my OB-GYN. I felt better after my first adjustment and continued chiropractic care during my pregnancy. I would highly recommend Dr. Sloves to anyone during their pregnancy.

- Amy G.

"My daughter had ear infections constantly from the time she was an infant. She had taken over 30 antibiotics in 3 years and failed her hearing test. Since I took her to Dr. Sloves, she has not had another ear infection or taken another antibiotic and her hearing is completely normal!"

- Heather G.

My daughter, Nicole, suffered terribly from allergies. She had allergic reactions in the form of hives to dairy, wheat, rice, soy and egg. She also tested positive to peanut allergies on skin tests. I suffered with severe eczema with dry, cracked and bleeding skin on my hands and I had a lifetime of eczema in various locations all over my body. With Dr. Joachim's BioSET treatments both of our lives have been changed forever! My daughter can now eat whatever she wants, she has gained weight and she now sleeps through the night. The changes were immediately apparent following the specific BioSET treatments for those foods. My hands are now back to normal. My rings fit my fingers again and I no longer scratch my hands to bleed. I have no eczema outbreaks anywhere on my body since the BioSET treatments! Thanks Dr. J.!

- Susan N.