PREGNANCY AND CHIROPRACTIC
By Dr Nicola Pope

Mums, your body is changing rapidly to accommodate your babies, chiropractic care can be a great way to ensure you are able to deal with alterations to your posture and joints and not just the high-stress areas affected by pregnancy, (Weight gain in the lower abdomen, hips and breasts.) Chiropractors aim not necessarily to relieve the pain, but to make the body function better with adjustments. This is accomplished by working with the nervous system—the conduit of intelligence between your brain and body.

Your body is changing rapidly; it's amazing to think of all those changes occurring without you giving them much thought!

Some people think that it is normal to have pain and discomfort as they go through these changes – it is common but **not** normal. If your body is working as well as it can, is balanced and moving well, then it should support these changes with minimal discomfort. But it is more than just about discomfort, it is about how well every cell, organ and system is working in unison to create the perfect environment for your babies.

Doctors of Chiropractic work to correct subluxations (misalignments) of the individual spinal bones. When subluxated, these bones put pressure on the spinal cord and the spinal nerves causing malfunction in any part of the body. One such malfunction may be the tightening of pelvic muscles and ligaments producing '*uterine constraint.*'

It is these tense muscles and ligaments and their constraining effect on the uterus which prevent the baby from comfortably assuming the vertex (head first) position.

The Webster In-Utero Constraint Technique is a specific chiropractic analysis and adjustment used to correct subluxations in the pregnant mother's sacrum and pelvis. This relaxes the mother's muscles and ligaments, providing the physiological environment necessary for normal baby positioning.

Dr. Larry Webster, Founder of the International Chiropractic Paediatric Association developed this technique as a safe means to restore proper pelvic structure and function for pregnant mothers.

In expectant mothers presenting breech, there has been a 75-95% success rate of the baby turning to the normal vertex position. Most commonly known for its success in turning breech babies, any position of the baby other than vertex may indicate the presence of subluxation and *in-utero constraint.* It has been strongly recommended by Doctors trained in this technique, that the specific analysis portion of this technique be used throughout pregnancy, to detect subluxations and prevent *in-utero constraint.*

Because of the effect the chiropractic adjustment has on all body functions, all pregnant mothers should have their spines checked regularly throughout pregnancy, optimising health potential for themselves and their developing baby. Yes, chiropractic care from conception and continued after birth for both mother and child has given many families an opportunity for greater health.

Pregnancy can put pressure on the sciatic nerve that causes leg pain. Some chiropractors say they are able to resolve this problem. They also say there are techniques that will help ensure a safe and easy delivery.

Pregnancy and delivery of a child changes a woman's hormones, which can trigger headaches and make stress on the body worse than was before the pregnancy. Pregnancy does affect the whole body's functions. Chiropractors' feels if the nervous system is functioning better, the body functions better, and also gives your baby a better chance of developing normally.

Chiropractic is a great way to support and nurture your body through pregnancy!

For you: Gentle chiropractic adjustments through out your pregnancy help your body adapt and change **For the bubs**: I believe that in *utero constriction* is a factor in any Multi pregnancy.

It means that there in increased pressure on the developing skeletal system especially as it is a factor with any pregnancy let alone more than one bub in there. A pelvis that is not balanced and moving well can pull or twist the uterus causing in-utero constraint. This in turn places increased pressure on the developing baby's skeletal system.

Twins (or more) have more chance of g experiencing this.