

## **CHIROPRACTIC AND PREGNANCY**

In the 27 years I have been in practice, I have helped thousands of pregnant women with various musculoskeletal complaints, usually with excellent results.

Due to a multitude of factors, including ligamentous laxity, weight gain, and altered weight bearing, pregnant women often experience various spinal and muscular complaints. Chiropractic care often provides a safe, non-pharmaceutical answer to these complaints.

There are many different techniques used by chiropractors. My specialty is called “motion palpation”. In essence, I evaluate the spine (and other joints when indicated) for abnormal alignment or motion. Then, I apply corrective manipulation or mobilization to help restore normal function. Then I normally do some type of manual soft tissue work, as I find the associated muscles are almost always involved in the dysfunction.

I am also licensed to perform physical therapy in Maryland, and I often give pregnant women stretches and exercises that they can do at home. I find this to be a valuable adjunct to the procedures performed at my office.

There is a large body of research verifying the benefits of chiropractic care during pregnancy. One study on 65 pregnant women receiving chiropractic care demonstrated a decrease in labor time over the national average of 24% in the primigravidae and 39% in the multiparous. In another study pregnant women seeking chiropractic treatment for lower back pain reported an average reduction in back pain of 50%.

And naturally, by helping make women’s deliveries shorter and easier, there is less chance of obstetrical intervention, and its associated risk factors.

I find that most moms can benefit from post-delivery chiropractic care as well, by ensuring proper spinal and pelvic function as the ligaments return to normal.