

# **MOTHER'S TALK**

## **By Dr. Heath Schipp, D.C.**

Women have different health concerns with all of the different phases of their life. Pregnancy is one of the most complex and potentially difficult phases in a woman's life. Changes women go through are natural, but sometimes additional help is needed for the mother to comfortably cope.

### **Why do I have pain in my low back?**

A woman will gain an average of 30-40 pounds during her pregnancy. The majority of this weight is deposited in the abdominal area, which causes the mother's center of gravity to shift forward. To compensate for this, the curves in the woman's spine exaggerate, the muscles in the low back spasm, the hips shift laterally (to the outside) to stabilize, and the woman has low back pain. Another problem that occurs during pregnancy is that the hormones of pregnancy cause the muscles, ligaments, and cartilage to soften and become pliable. The bones of the pelvis and spine are then more likely to slip out of place and cause further low back pain.

### **Is chiropractic care safe during pregnancy?**

Chiropractic care is safe during pregnancy. Doctors of Chiropractic have been trained to work on special tables that adjust for the mother's body and to use special techniques that avoid pressure on the abdomen. It is very important to be sure that you are receiving care from a chiropractor who is trained in dealing with pregnant women.

### **Why should I have Chiropractic care during pregnancy?**

Chiropractic care can have many potential benefits for pregnant women. Some of these are:

- Relief of neck, back, or joint pain
- Reduction in labor and delivery time by up to 33%
- Increase likelihood of full-term delivery
- Reduction in vomiting
- Prevention of Cesarean delivery or breech presentation
- Maintenance the pregnancy

### **Can my baby receive chiropractic care?**

Yes, infants should be examined by chiropractors after birth, because birth is one of the most traumatic events in a child's life. Chiropractic is very safe for children. Special techniques have been developed specifically for infant adjusting.