Are you currently pregnant or thinking about having a baby soon? If you answered yes to either question, hopefully you are also seeing a chiropractor. A woman’s body goes through countless changes while pregnant, not only hormonally, but also posturally and bio-mechanically. Low back pain is almost imminent during pregnancy; chiropractic care offers a non-invasive, safe form of care to help alleviate pain and make having a baby easier.

CHANGES
When pregnant, your body goes through changes to prepare to carry and nourish your baby. Your center of gravity shifts forward as the baby grows, the pelvis tilts anteriorly causing the muscles in the lower back to become shortened and tightened, while the hamstrings and gluteal muscles become stretched and weakened. The curves in the cervical and lumbar regions are increased, placing extra stress in the lower back and neck. The round ligaments attach to the uterus, are stretched and placed under a lot of stress while pregnant, and can be the cause of significant amounts of pain while pregnant, both in the abdomen and lower back. The psoas, tensor fascia lata (TFL), quadratus lumborum, and piriformis muscles are also placed under new loads when pregnant, causing pain, tightness and imbalances. Hormonal changes throughout pregnancy cause ligaments to become looser, and therefore causing the joints to become less stable, especially the sacroiliac joints and pubic symphysis. Chiropractors use gentle, soft tissue techniques to help relax the tight ligaments and eliminate or reduce pain.

SAFE PAIN RELIEF
Diversified chiropractic adjustments are safe for mom and baby throughout the duration of the pregnancy. Special tables and pillows are used so pregnant women can lie in the prone (face down) position while being treated. Chiropractic adjustments help put motion into joints that are not moving as well as they should be; the same goes for the joint in the front of the pelvis, which is placed under an enormous amount of stress throughout pregnancy. Symphysis dysfunction and diastasis can happen during pregnancy; referred pain from the broad and round ligaments can cause intense pain often mimicking diastasis. Soft tissue techniques can be applied to relax tension in the
Pregnancy and Chiropractic
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also be used to help the pelvis return to a normal position and ease pain. Chiropractic care offers a variety of safe forms for pain relief without the use of invasive procedures or prescription drugs. Chiropractic appointments should be scheduled at the same intervals as OB/GYN appointments, or more frequently if necessary.

Have a more pleasant pregnancy, the natural way. Women who receive chiropractic care report easier and faster deliveries. Many chiropractors are also specially trained in the Webster Breech Technique. This hands-on technique helps to reduce uterine torsion so the baby can turn itself into the proper position for a safe, less painful delivery. No one likes to be in pain; pain can also cause a great deal of anxiety and stress, neither of which are good for mom or baby. Getting adjusted regularly while pregnant can help ease or eliminate pain and make the process of having a baby much easier (1).

Chiropractic Q and A

Question: My children don’t have back pain. Why should I bring them in for chiropractic care?

Answer: The idea that chiropractic is a limited therapy for back (and other) pain is a common misunderstanding. Chiropractors are really nervous system doctors. Chiropractors work primarily on the spine (back) because that’s a common place where the nervous system can get impinged, stressed or irritated.

Because the nervous system controls the body, if any nerves are impinged, stressed or irritated the entire body may suffer. That’s why you’ll see clinical studies of children with a wide variety of conditions (see the studies below) responding to chiropractic care.

Why do people with head tics (jerking); constipation; leg pain; tremors; ADD; sleeping problems; vision problems; concentration problems; digestive disorders; kidney problems; back, neck and head problems and many other conditions find their conditions resolve or greatly improve after a chiropractic adjustment?

Because chiropractic permits your nervous system to function better and when your nervous system functions better your entire body works better. Your body is the world’s best doctor – when it’s working better it’s healing better – no matter what the disease.

Do you know anyone who would like:

60% less hospital admissions
59% less days in the hospital
62% less outpatient surgeries
85% less in pharmaceutical costs

A 7-year study showed that patients whose primary physician was a chiropractor, experienced the above results.

For the health of your loved ones... CHOOSE CHIROPRACTIC

Research and Chiropractic

There seems to be no end to the conditions that respond to chiropractic care—physical as well as psychological conditions.

That is because chiropractic does not “treat” a particular condition. Chiropractic care “treats” or more accurately “corrects” a serious interference to brain, nervous system and energy function known as the subluxation.

No matter what condition you or a loved one may have, you will always function better when free from subluxations. Chiropractors are uniquely trained to locate and correct subluxations. Enjoy this month’s cases and see more next month.

Tic disorder. The patient was an 8-year-old boy who presented to the chiropractor after being diagnosed by his pediatrician with a tic disorder. The child’s tics began at the age of 5 accompanied by head nodding and head twisting.

The chiropractic examination revealed an upper cervical spine subluxation, with muscle spasm, swelling and tenderness. Over the course of 7 months the patient was seen 12 times and adjusted twice at the atlas (upper cervical spine).

There was complete resolution of the tic disorder. Follow-up care one year later showed no return of the tics. (2)

Constipation, vomiting and leg pain. A 6-year-old boy suffering from chronic constipation, daily vomiting and leg pains began chiropractic care.

His constipation began at age 2. He had a medical endoscopic examination that revealed a “small stomach ulcer” and he was placed on prescription and over-the-counter medications (MiraLAX®, ex-lax®, lansoprazole and Periactin®).

A chiropractic examination revealed numerous subluxations. The child received eight adjustments in three weeks with complete resolution of his constipation, vomiting and leg pain complaints. (3)

Carpal tunnel syndrome, feet numbness and ear pain. A 56-year-old man, suffering from bilateral carpal tunnel symptoms, numbness in both feet after sitting, and pain and fullness in the left ear, began chiropractic care. Other symptoms included left ear pain and fullness with dizziness and progressive hearing loss (over the past twenty years). The patient was on ten different medications for blood pressure, anxiety, muscle spasms and fluid retention.

Spinal subluxations were identified at multiple levels of the spine and addressed by Network Spinal Analysis care. His first re-evaluation

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References