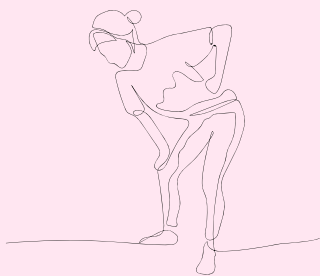


Chiropractic & Pregnancy



Did you know that up to 75% of pregnant mums suffer from pain in their back or pelvis? ^{1, 2}

Although more research is needed, results from research done so far are promising and seem to show that for some pregnant mums, chiropractic care can be really helpful.⁴



Can chiropractic care help?

When it comes to back pain, not enough studies have been done looking at whether chiropractic care helps pregnant mums.³ The good news is that chiropractors can tailor the care they provide to each individual patient and the research suggests that chiropractic care during pregnancy is safe for both mum and baby.^{4, 6}

Could chiropractic care help through delivery?



What does the research show?

In one study, researchers in Switzerland followed 115 pregnant women for a year who went to see a chiropractor with low back pain.⁵ What they found in this study was that over half of the patients said they 'improved' after just one week of chiropractic care, and after a month that figure had grown to 70%. By the end of the study, about 90% of the mums who entered the study said their pain was better.

From this study, we can't be sure if it was the chiropractic care that really helped them but at the end of the study over 85% of the mum's said they were happy with the care they received from their chiropractor.

One area that researchers think chiropractic care may help pregnant mums is with the delivery of their baby. For a woman in labour, the ability to relax and contract her pelvic floor muscles is really important for helping baby to move through the birth canal.⁷

Ideally, for the birth process to go as well as possible, giving the greatest chance of a natural, vaginal birth, you want strong pelvic floor muscles that can relax and contract at just the right time.^{7,8} In a study conducted in New Zealand, researchers

studied pelvic floor muscle function in pregnant women before and after they were adjusted by a chiropractor. What they found was that after the pregnant women were adjusted, their pelvic floor muscles appeared to relax more when they were at rest. The researchers couldn't be sure how much of an impact these relaxed muscles would have on labour itself, but it does suggest that for pregnant mums, chiropractic care may give them more control over their pelvic floor muscles, which may make childbirth easier.

Other research supports this idea with one study reporting that new mums experience on average a 25% reduction in the length of labour time with chiropractic care during pregnancy and that rises to a 31% reduction for mothers who have given birth before.⁴

So, if you want help with the way your spine and nervous system are functioning, consider seeing your chiropractor, because it's natural, safe, and may help you to feel better and boost your chances of having a faster, easier delivery of your little bundle of joy.

Disclaimer and References

This information is provided for educational purposes only. It is not intended to be professional advice of any kind. Haavik Research Ltd encourages you to make your own health care decisions based on your own research and in partnership with a qualified health care professional.

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