

## CHIROPRACTIC CARE DURING PREGNANCY

Women have special health concerns during every phase of their lives; pregnancy is certainly one of the most important and complex phases. Although the changes women experience during pregnancy are natural, a little extra help is sometimes needed to cope with the transformation.

Pregnancy can cause subtle changes in the musculo-skeletal system. As the baby develops forward in a woman's body, her centre of gravity shifts and the spine alters itself to accommodate this. This shift of the spine results in unusual joint stress of the intervertebral joints and discs. In conjunction with the release of the hormone relaxin, which causes muscle and ligament relaxation, this leads to easily misaligned joints. The weight gain and changes in weight distribution place an increased strain on spinal and pelvic muscles and ligaments. As a result, many expectant mothers may experience lower back and pelvic pain, even with pain radiating down the leg. It is especially important during pregnancy that nerve impulses flow from the brain to all parts of the body.

A slightly out-of-place vertebra can create nerve irritation snarling the body's communication system. Chiropractic care focuses on the overall effects of spinal mal-alignment on the nerves that carry health-giving information to every cell of the body. It helps women get well and stay well - before, during, and after pregnancy. Using gentle spinal adjustments, the Chiropractor can relieve nerve irritation and ease pain. Also important to observe during pregnancy is the alignment and mobility of the pelvis and its sacro-iliac joints. If the pelvis is twisted in some way or the sacro-iliac joints are not moving freely this may result in the womb not hanging straight from its ligaments. There is a chance that this might lead to a difficult birthing process. Regular chiropractic care during pregnancy is therefore beneficial to mother and unborn child. Many Chiropractic patients report that their deliveries were faster and more comfortable than deliveries prior to Chiropractic care.

