

Pregnancy & Chiropractic

- Up to **39%** shorter labour times
- **50%** less need for pain medication
- Greater pelvic floor control
- More comfort breastfeeding
- Reduction in pre-eclampsia
- Pelvic alignment & balance
 - Decreased back pain
 - Reduced back labour

Why is chiropractic important during pregnancy?

Comfort for Mum

Pregnancy brings many biomechanical and hormonal changes; the hormone relaxin loosens the joints, ligaments stretch and your center of gravity moves forward. These changes can contribute to neck, back and most commonly pelvic pain. Chiropractic adjustments help to alleviate these symptoms and assist your body to better adapt to the changes in pregnancy.

Comfort for Baby

Chiropractic adjustments allow the pelvis to sit correctly and balance out the ligaments that attach to the uterus. This allows the baby to move freely within the womb, rather than being restricted and confined in any way. The Webster Technique can be used to help facilitate optimal birthing position.



The Webster Technique:

A sacral adjustment to facilitate pelvic alignment & balance out pelvic muscles & ligaments. One study showed 92% of babies turning to a head down position after the use of the Webster Technique by a chiropractor.



Easier Births

Good baby positioning, balanced pelvic joints and ligaments means our babies are more likely to be able to move down into the birth canal, putting balanced pressure on the cervix which helps to create even dilation and more straightforward births.

References: Fallon J DC. The Effect of Chiropractic Treatment on Pregnancy and Labour: A Comprehensive Study. Proceedings of the World Federation of Chiropractic, 1991:24-31., Fallon J DC. Chiropractic and Pregnancy, a partnership of the future. ICA Review Nov/Dec 1990. (pg. 39-42)

Frietag P. Expert testimony of P Freitag MD PhD., comparing the results of two neighbouring hospitals, US District Court Northern Illinois Eastern Division, No.76C 3777. May 1987.)

Richard A. Pistofese. The Webster Technique: A chiropractic technique with obstetric implications. JMPT, 2002; 25(6):1-9.

Chiropractic care during pregnancy

Chiropractic care has been shown to significantly reduce labour time for women who had care throughout their pregnancy. In a study by Dr Joan Fallon, she found that first-time mums averaged a 24% shorter labour, while those who had given birth before had a 39% reduction in the average labour time in a substantial percentage of births.

In another hospital study that incorporated chiropractic adjustments during the patient's pregnancy, the results indicated that there was a 50% decrease in the need for pain medication during delivery.



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