



## **CHIROPRACTIC - helping your body adapt**

Regular chiropractic care is an integral component of prenatal through postpartum healthy pregnancy care. It helps the body adapt to the many physical changes that occur over this 9 month period, it has been shown to shorten labour time and best of all it keeps moms-to-be feeling great.

There are a number of changes that the body goes through during pregnancy. A healthy body that adapts well to these changes means you don't suffer needlessly from the undesirable symptoms that many pregnant women complain of.

### **Neuromuscular and hormonal changes**

Of the many hormonal/chemical changes that occur during pregnancy the hormone relaxin, is the most influential on body structures. This hormone begins to be released in the body at 72 hours after conception and creates laxity in the muscles and ligaments.

### **Increased weight and change in its distribution**

When the center of gravity changes with a growing belly it puts more demand on the spinal, pelvic and leg muscles. This leads to increased stress on spinal and pelvic ligaments. The normal curves in the spine increase which again adds to the demand of muscles and ligaments. Increase in joint stress is especially noted in the vertebra and sacroiliac joints.

The combination of the relaxin and the structural changes in the spine can make the joints less stable and more prone to misalignments. This stress in the low back and pelvis can lead to a fixation or misalignment of the sacrum, the bone at the base of the spine that is ligamentously attached to the uterus. A properly moving sacrum is critical to a healthy pregnancy and a safe vaginal delivery of the baby due to its relationship with the uterus and the ligaments that support the uterus.

### **Chiropractic care for neuromuscular and chemical changes**

Doctors of chiropractic can alleviate many of the discomforts from the muscular, ligamentous and biomechanical changes encountered during pregnancy. Chiropractors who are well trained in the care of pregnant women will identify misalignments in the spine and use specific and gentle adjustments to restore proper position and movement to the spine and pelvis. Chiropractic care helps to keep the sacrum moving properly which helps to alleviate many of the discomforts experienced while pregnant, and also allows for an easier passage of the baby through the pelvic outlet at delivery.