



Getting Your Body Back

By Dr. Patricia Hort

With all the overwhelm and excitement that usually accompanies a new baby, it is easy to lose perspective of what your body has gone through or pay attention to what it is having to deal with right now. Yet both of those are very important factors to consider as we live our life with baby and attempt to get our pre pregnancy body back in a healthy way. Getting that body back and preventing future problems even through the craziest of times can be easy with a little help and some good advice.

It is important to realize that after pregnancy your body will again undergo many changes. Your center of gravity changes, hormonal levels change, your breasts change in size on an hourly basis, tissues shrink and tissues heal. Your body is considered "post partum" from a biomechanical perspective for one full year. That means that the relaxin hormone, although no longer being produced in your body, continues for a time to have an effect on the ligamentous structures in your body, namely your joints and specifically your spine and pelvis.

With this laxity in your ligaments you don't have the strength in your joints like you had before pregnancy. This can cause your sacrum (tailbone area) to feel wobbly and unstable, your pubic bone area to be sore, you may fatigue easier, you may experience difficulty taking steps forward, have one leg turn out to the side and you may have sciatic pain or other discomforts you thought would be gone after pregnancy. On top of all that, you are managing to care for a new baby and maybe a toddler or other children, with a shortage of sleep, no real exercise, and more than average levels of stress.

It is worth really thinking about what your body is going through and making a choice to take care of you. This is a much more challenging time for your body than pregnancy was and taking good care of yourself during this time is crucial. Not correcting these biomechanical problems and not making an effort to stay healthy may result in future problems and possibly issues with future pregnancies, not to mention making it difficult to care for a newborn. If you had a difficult or traumatic delivery your spine and pelvic joints have even more challenges to overcome, but correcting the problems early can make all the difference.

I'm sure you had a team of people who you looked to for advice and support through your pregnancy. I hope a chiropractor was one of them, helping you have an easier pregnancy and shorter delivery. After pregnancy, as we've just discussed, is no walk in the park and it is definitely not the time to stop all the good things you were doing for your body all through pregnancy. Chiropractic care can quicken recovery time, assist the body in normalizing overall pelvic and spinal biomechanics and help you overcome the postural issues and back pain created by taking care of your new baby. A chiropractor experienced in the care of pregnant/post partum women can also show you the best positions to sit, tips on posture while nursing, how to lift and carry your baby properly, what you can do right away to help rebuild your core strength and refer you to others that would best support your good health.

Enjoy living a comfortable and healthy life with baby by including chiropractic care in your routine and let us help you make it easier to get that body back.

Dr. Patricia Hort has devoted the majority of her practice to the care of women from fertility through life with baby. She works with a multidisciplinary team of healthcare providers at her center, Lifestyles Wellness Group and supports her patients with an extensive referral network. Dr. Hort is the creator of the Dr. For Moms Pregnancy Program and presents her "How To Have a Baby in Six Hours or Less" talk to moms who want to have a labour and delivery experience to remember. For more information about healthy living throughout pregnancy visit www.drformoms.com