

Pregnancy

The benefits of chiropractic care during pregnancy have become increasingly evident as more about the effect of child bearing on the low back and pelvis area is discovered. The normal pull of the fetus upon the low back and pelvis area is readily understood as well as the stress placed upon this area by increased weight. We must therefore understand the importance of maintaining the integrity of the low back and pelvis area during the term of pregnancy.

The normal changes during pregnancy in these areas become greater during the second and third trimester, that is, separation of the tailbone and pelvis. These changes are the body's way of preparing itself for the delivery process. Understanding the separations of the tailbone and pelvis in the birthing process, and having knowledge as the stage of complete bone formation of the spine and pelvis gives us a hint as to why having children is easier prior to 30 years of age.

Chiropractic care comes into play when there are misalignments that prevent these normal changes from occurring. You may have heard a woman making the statement that the only time she ever felt good was during the pregnancy. This usually occurs when the spine and pelvic area are misaligned in the beginning, and the additional weight of the fetus takes the spine into a more normal position; therefore the mother-to-be is feeling good.

Pregnancy is a natural function in a woman. She should feel only little discomfort during the pregnancy. You often hear of the person who has little or no discomfort during pregnancy, one who has had mild labor pains and relatively easy delivery. This is the way delivery will be if there is the proper separation of the tailbone and pelvis. Chiropractic care during pregnancy greatly facilitates the delivery process.

Chiropractic care during this time becomes increasingly valuable. According to Abraham Towbin, M.D. most of the neurologic damage at birth is caused by unnecessary pulling of the baby's head and neck during delivery. He also states that most of the signs of injury to the newborn are neurological as reflected in the apgar score. Spinal misalignments can also occur from common violent delivery techniques with undue haste. J.M. Duncan, M.D. finds that it takes about 120 pounds of pressure to initiate spinal damage in the newborn, with this injury occurring most often in the neck. Pulling with 120 pounds of pressure is common with the doctor pulling on the newborn's neck. This pull pressure is increased greatly with the use of forceps. With these factors alone,

you can see the need for chiropractic care during pregnancy. Chiropractic care aids in maintaining the integrity of the low back and pelvic area. Therefore, chiropractic care makes delivery easier, lessens intervention, lessens the need for pulling on the newborn's neck and, according to Dr. Towbin, lessens neurological damage to the newborn child.

Factor one of chiropractic care during pregnancy is an easier less traumatic delivery process, both on the mother and on the newborn child. Factor two of chiropractic care is the reduction of low back pain during pregnancy. If the normal changes cannot occur due to fixation and misalignments, low back pain will develop due to unusual stress. Factor three is the swelling in the legs will be less, again due to allowing the normal separation of the tailbone and pelvis. Factor four and perhaps one of the more important benefits of chiropractic care during pregnancy, especially in the first trimester, is decreased morning sickness. Incidentally, there is danger of birth defects in taking anti-nausea medications. I would be happy to provide you with a copy of the side effects and warnings about any drug that you are consuming.

At Indian Tree Chiropractic we do not take unnecessary x-rays of the mother's abdomen or lower torso.

If you have any questions relative to your health or illness do not hesitate to call.

Pregnancy is not meant to be a difficult time in a woman's life. Chiropractic care can help make this time a wonderful experience.

REFERENCES

1. Crispin, D.C. and E. Mantero, M.D., Static Alteration of the Pelvic-Sacral Lumbar Area.
2. Abraham Towbin, M.D., Spinal Cord and Brain Stem Injury at Birth.
3. J.M. Duncan, M.D., Tensile Strength of the Fresh Adult Fetus.
4. L. Webster, D.C., Chiropractic Care During Pregnancy.