

CHIROPRACTIC AND PREGNANCY

As a Chiropractor I have taken care of many pregnant women. During this time many changes are taking place in the pregnant mother both physically and chemically and regular Chiropractic adjustments help to regulate and balance these changes. Chiropractic care for the pregnant woman is safe and effective. Some of the benefits of chiropractic care to pregnant “mothers-to-be” include an easier and more comfortable, relaxed pregnancy, including an easier and decrease labor and delivery time. In one study women who received Chiropractic care throughout their first pregnancy had a labor time 24 percent shorter than the group not receiving Chiropractic care. Those women who had previously given birth and received Chiropractic care had a 39 percent decrease in average labor time. Another American study showed that regular Chiropractic care during pregnancy reduced the incidence of back labor. Also, studies have shown up to 84 percent of women who received Chiropractic care while pregnant reported back pain relief.

The Chiropractic approach is to restore proper function to the spinal bones, your musculoskeletal system (joints, muscles, tendons, ligaments) and remove interference (called a vertebral subluxation) in your central nervous system (made up of the brain, spinal cord and 31 pair of nerves coming off the spine) which controls the complete function of your body. A vertebral subluxation or misalignment in your spine can irritate the delicate nerves which carry signals to every cell, tissue and organ in your body. These nerves are the primary way your brain controls how your body functions. Chiropractors improve function by “adjusting the spine” and restoring proper alignment and motion and removing pressure on the joints and nerves.

Chiropractors can also help breech presentations (where the baby is not positioned properly for birth), with a special adjustment call the “Webster Technique” which helps release stress on the pregnant woman’s pelvis and cause relaxation to the uterus so the baby will turn naturally. Regular Chiropractic care during pregnancy has also been shown to reduce post partum depression.

Pregnant or not see your Chiropractor today and get on the road to wellness.

Dr. Larry Bridge is a resident of Stanly County and practices at Montgomery County Chiropractic Center with offices in Albemarle and Troy. He is board certified in Acupuncture. For more info visit his website www.drbridgechiropractic.com or call 704-982-2102.