

Pregnant women deserve to experience the amazing benefits of Chiropractic

The number of home births continues to increase due to the current public health challenges plaguing the world. Drugless health measures become more commonly practiced in order to achieve greater function, strength and resilience within the body. Pregnant women deserve recognition more than ever before during this health crisis. Women across the world continue to develop a deeper understanding of the incredible health benefits for both mom and baby during labor and delivery.

The singular health practice of chiropractic care produces research-based evidence such as:

- Decreased duration of delivery
- Decreased use of forceps
- Decreased likelihood of having a pre-term delivery
- Decreased fluid overload
- Decreased blood pressure
- Decreased low back pain
- Decreased carpal tunnel
- Decreased sacroiliac joint dysfunction
- Decreased risk of having meconium-stained amniotic fluid

Research from 2012 showed that women achieved these outcomes as a result of having spinal adjustive care throughout pregnancy. Something as simple as mobilizing and re-aligning the spine creates significant changes and health improvements in pregnant women.

The research showed that spinal adjustments improve health outcomes for mothers and newborns. A female's body undergoes various structural changes during pregnancy that accommodate a growing fetus. These changes produce profound effects on the daily function of the expecting mother as pregnancy progresses.

The addition of spinal adjustments improves quality of life as the woman's body adapts to the new stressors. The purpose of a chiropractic adjustment focuses on keeping the alignment and movement of the spine as healthy as possible to ensure appropriate nervous system function. This proves



especially important as ligaments stretch and soft tissue becomes more hydrated, a normal process during pregnancy. As the spine becomes more aligned and less restricted, the entire nervous system becomes better balanced and more connected. A balanced spine and nervous system improve the odds of a healthier, shorter, and more successful labor.

Almost 75 percent of women experience some form of back pain during their pregnancy. Tylenol tends to be the medication most recommended and used by pregnant women, despite an association with abnormal fetal development. Research from 2016 showed that Tylenol use by expecting mothers raised the risk for their emotional symptoms (29 percent) and hyperactivity symptoms (31 percent) in newborns. The evidence also showed a significant risk of increased childhood health concerns in newborns whose mothers used Tylenol.

Chiropractic helps these babies before birth by alleviating the pregnant mother of pain through spine and nervous system care. Adjustments help facilitate the body's ability to mitigate pain, allowing women to stay active throughout their entire pregnancy. Chiropractic provides a powerful evidence-based health practice that benefits new mothers, new babies, and every stage of life in between.

**The Journal of the American Osteopathic Association
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"Osteopathic manipulative treatment in pregnant women."

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