

Spinal adjustments linked to amazing pregnancy and delivery benefits



Few interventions affect the success and ease of pregnancy and delivery more than chiropractic care. And few areas of healthcare need more attention and improvement than infant and maternal health. Infant mortality continues to be a significant concern in even the most industrialized and modernized nations like the United States. **Statistics show that 6.26 out of every 1,000 American born babies die within the first month of life, ranking the United States 188th out of 224 countries in infant mortality.**

Strategies implemented prior to becoming pregnant as well as during pregnancy can set the stage for a healthier and more successful birth for both mom and baby. The science of chiropractic focuses on foundational aspects of health and development. The foundation, structure, and framework of the body determines its health potential and long-term functional ability. **Spinal structure, mobility, and posture dramatically impact the overall wellness of the body.**

The spine intimately connects to the function of the entire body through the brain and nervous system. Good posture affects every aspect of health from breathing to hormone production. Posture determines the capacity level to which the nervous system performs. A pregnant mother represents a crucial season of life when health and function mean everything. Spinal adjustments improve a woman's whole-body health through the performance of a more balanced and coordinated nervous system. **Results of a 2012 study proves the effectiveness of spinal adjustive care for women engaged in pregnancy, labour, and delivery.**

- Women receiving spinal adjustive care showed a decrease in labour duration compared with women not engaged with chiropractic care.
- One study highlighting women experiencing their first pregnancy determined that women receiving spinal adjustments averaged 11 fewer hours of labor time while another study exhibited five and a half fewer hours of labour time.
- Women under spinal adjustive care averaged over five fewer hours of labour time in their second

and subsequent pregnancies.

- The study also indicated a viscerosomatic feedback occurred that affected uterine contractions, indicating that spinal adjustments could help jumpstart the labour process and reduce the necessity of drugs.

Research determined with overwhelming positivity that women receiving spinal adjustments during pregnancy experienced: decreased likelihood of having a pre-term baby, decreased use of forceps during delivery, decreased probability of meconium-stained amniotic fluid, decreased fluid overload, decreased low back pain, decreased carpal tunnel syndrome, and decreased duration of labor. Chiropractic care helps women of all ages experience healthier pregnancy, labour, and delivery. The evidence-based research provides education and beneficial results to mothers and babies alike. **For optimal health and performance, healthy mothers and babies alike know that chiropractic delivers.**

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"Osteopathic manipulative treatment in pregnant women." JM Lavelle



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