

Chiropractic and Pregnancy

"Pregnancy involves a large amount of stress to the mothers' spine and body.

Chiropractic helps you and the baby to be as healthy as possible".



The Birthing Process:

Many spinal problems seen in adults begin as early as birth. Even so called "natural" birthing methods can stress a developing spine. Imagine if you had to go through the birthing process now as an adult how much stress that would place on your spine and nerve system. The process of childbirth places great stress and distortion on the spine and pelvis, and their supporting muscles and ligaments.

"My pregnancy was an enjoyable one. Thanks to regular visit to my chiropractor my history of back problems was not an issue." - Mrs Cornelia Guenzel. First time mother who has just given birth to a healthy 2 weeks boy. Mrs Guenzel has been under chiropractic care regularly throughout her pregnancy even to the last weeks before delivery.

Why Choose Chiropractic throughout Pregnancy?

- ✓ For a more comfortable pain-free pregnancy
- ✓ For an easier labour and delivery

- ✓ For a drug-free pregnancy
- ✓ For faster postpartum recovery
- ✓ For the best start in life for your baby
- ✓ For advanced health and wellbeing

Is it difficult to receive an adjustment when pregnant?

Not at all. Chiropractors are trained in adjusting the spines of pregnant women and many chiropractic adjusting tables have special modifications for the pregnant figure.

How late in pregnancy is it possible to get an adjustment?

Patients have received adjustments even during labour. 📞

This article is contributed by Dr Matt Kan. Dr Kan is the director of Chiropractic First, The Spine and Nerve Clinic, with seven clinics in Singapore and Malaysia. For more information contact: Chiropractic First at 583 Orchard, #05-02 Faros, Tel: 6235 0585. Visit: www.chiropractic-first.org Email: dr@chiropractic-first.org

Chiropractic care helps during pregnancy by:

- Correcting abnormal joint mechanics that lead to joint and nerve stress, thus improving overall health and function.
- Maintaining joint function and spinal balance so the spine may adapt to the increased weight and altered posture.
- Ensuring that the joints of the lower back and pelvis are moving freely to assist the birth process. Proper joint movement enhances pelvic opening.
- Educating the expectant mother on correct posture, lifting and other lifestyle factors in order to reduce spinal stress.