PREGNANCY AND CHIROPRACTIC

The science of Chiropractic is founded on the premise that a properly functioning nervous system is the foundation of health, and that the structural integrity of the spinal column must be maintained in order to facilitate optimal nervous system transmission and communication. More women are discovering the many benefits associated with Chiropractic care during pregnancy as well as labor and delivery.

Biomechanical changes and stress to the neuromusculoskeletal system are present during and immediately after pregnancy. Chiropractic evaluation and care during pregnancy may be considered a safe and effective means of treating pregnant patients.

Borggren, C., "Pregnancy and Chiropractic: A Narrative Review of the Literature". *Journal Chiro Med.* 2007 Spring; 6(2): 70–74.

57% of nurse-midwife responders recommended Chiropractic to their pregnant patients to address pregnancy related issues.

Mullin, L., Alcantara J., Barton D., Dever L. (2011) *Attitudes and Views on Chiropractic*

Dr. Irvin Henderson studied the effect of Chiropractic adjustments on labor and delivery reporting that women who received chiropractic adjustments in their third trimester were able to carry and deliver their child with much more comfort.

Henderson I. AMA Records, 1987 U.S. District Court Northern IL

"Regular adjustments can make pregnancy less stressful and delivery less uncomfortable. Chiropractic care can continue safely until the day of delivery."

Labor pain: Correlations With Menstrual Pain and Acute Low-back Pain Before and During Pregnancy. Melzack R.

"Encouraging regular Chiropractic and maternal self care increases a patient's probability of a successful natural delivery."

Wells SR. *Obstet Gynecol* 2000;95(1):19-23.

Chiropractic care during pregnancy can provide multiple benefits for women including:

- Maintaining a healthier pregnancy.

- Controlling nausea.

- Reducing the time of labor.

- Reducing time of delivery.

- Relieving back pain.

AMERICAN PREGNANCY ASSOCIATION