



BARTH FAMILY CHIROPRACTIC

CHIROPRACTIC AND PREGNANCY

YOUR BODY, YOUR BABY

When you are pregnant, one of the best things you can do is go and see your chiropractor. Chiropractic care provides the pregnant woman with many vital needs such as a balanced spine, and pelvis.

Chiropractic can decrease the stress on the internal organs by aligning the muscles, ligaments and bones of the spine and pelvis, along with decreasing the stress on your nervous system.

Dr. Barth has taken extra studies to specialize in care for the pregnant female. He is an ICPA member and is Webster Technique Certified. Along with chiropractic care maintaining a healthy diet, exercise, avoiding drugs and alcohol, and taking prenatal vitamins should all be an essential part of the pregnant woman's health care routine.

Can chiropractic help?

Pregnant mothers share the same body chemistry as their unborn child, so it is important that your health is at its peak to benefit the health of your baby. The nervous system controls every organ and cell in your body and it is important to keep it functioning as well as it possibly can. From week 8 of pregnancy, babies can be seen responding to their mother's stress, resulting in abrupt heart rate changes, positional changes and even contractions of the baby's muscles. Chiropractic care focuses on the health of your spine and nervous system to achieve the best possible environment for your baby to grow.

Altered weight bearing and movement patterns during pregnancy can place additional pressure on the muscles, ligaments, and joints of a woman's spine. 50% of women experience significant levels of back or pelvic pain during their pregnancy, leading many of them to resort to pain relief such as acetaminophen. Research shows that chiropractic care may help to relieve these symptoms in up to 85% of pregnant women (6,7). In one study, 17 pregnant women under chiropractic care reported an original pain score of 5.9. After chiropractic care, they reported a pain score of 1.58.

Reduced labor time

Women experienced on average a 24% reduction in the length of labor time with chiropractic care during pregnancy and that rises to a 33% reduction for those mothers who have given birth before (9). Manipulation to the spine and pelvis allows the joints to be more mobile during labor allowing the bones to move more freely which allows baby to have safe and natural delivery. This improves the ease of delivery, creating less stress and pressure for both the mother and baby.

Cesarean Sections now account for as many as 1 in every 4 births and has been increasing over the last few decades. While necessary for high risk and complicated cases, it should be known that studies show natural, drug free births are safer and provide a healthier outcome for both baby and mother in both the short term and long term.

Drugless health care

Chiropractic uses a drugless hands on approach to achieve optimal health. Any drug whether it be over the counter or prescribed has side effects, which may cause harm to the growing baby. Consult your physician before taking any drug while pregnant.

Is chiropractic care safe during pregnancy?

YES!

Dr. Jerad Barth utilizes a very specific and gentle prone adjusting technique. Decreasing the stress to the nervous system without the need for excessive bending or twisting of the spine.

You don't have to be experiencing any particular problem to visit a chiropractor during pregnancy. In fact, checkups are recommended during pregnancy considering the immense physical, chemical and emotional changes a woman undergoes at this time. In a survey of nurse-midwives, 94% recommended patients to alternative health care providers; among those, 57% referred women to chiropractors (14).

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