

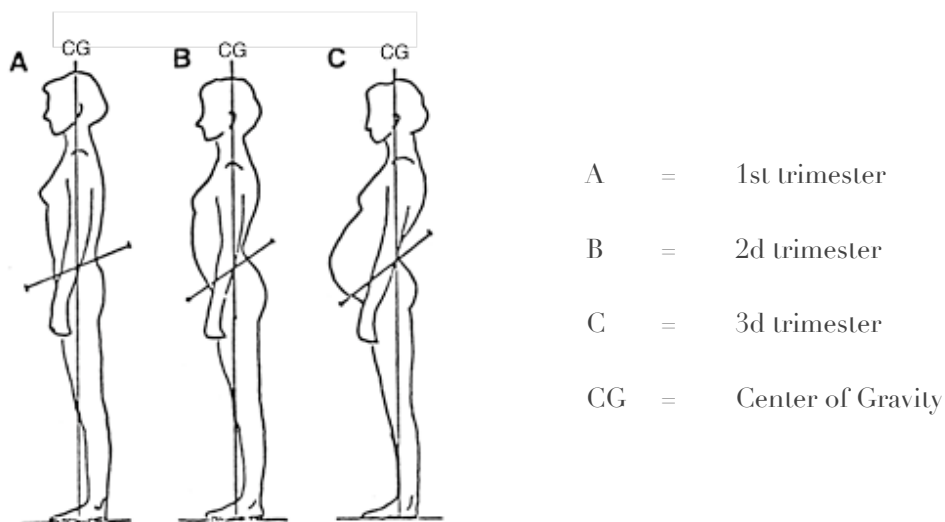


# Pregnancy and Chiropractic

**Wonderful! You are expecting a baby! And naturally, a mother's instincts motivate you to protect the child you are carrying. But first of all, you need to take care of yourself for the sake of both of you!**

Pregnancy is a normal physiological condition, and there is no need to believe that back-aches, headaches, leg pains, morning sickness, etc. are all normal and inevitable inconveniences during this period. So, let's consider the bio-mechanical and physical aspects of what may be causing pains and disturbances during pregnancy and delivery.

The importance of correcting the effects of spinal stress and postural distortions during pregnancy cannot be overemphasized.



**Illustration of the pelvic inclination and the increased swayback associated with the shifting of the center of gravity during pregnancy.**

Lumbar or lower back pains appear mainly during the last three months of pregnancy. In most cases they are due to:

1. an important structural change in your body, as your weight becomes heavier in front and your spine curves more. The body's weight will be shifted more and more onto the heels. Muscles and ligaments supporting the body will have to compensate, producing an abnormal posture and a swayback. This mechanism will lead to abnormal tension in these structures.

2. an impairment in the sacroiliacs, the back part of the pelvis, which are formed by the sacrum and the two iliac bones. These bones are surrounded and attached by ligaments protecting them against any excessive displacement. During pregnancy, these ligaments are stretched to allow the growth of the baby and provide an easier way through the birth canal during delivery. To some degree these abnormal changes in range of movement are normal, but if excessive they will cause inflammation and pain and will even have repercussions on the entire spinal column.

Also remember that a prolonged sitting position, driving a car, ill-fitting shoes, lack of exercise, nervous tension, poor diet, etc. will intensify these conditions.

How can chiropractors help you?

- Before pregnancy, in a preventive way, by correcting the spinal balance and maintaining it as well as possible
- As pregnancy develops, by verifying the whole neuro-locomotor system and immediately correcting any dysfunctions resulting from the structural changes described above
- After delivery, by re-examining and correcting the pelvis and the spinal column, in order to correct the inflammation and pain, and return you to a correct posture and functioning.

Since our scope of practice does not include delivering babies, many expectant mothers may not consider turning to us for complementing their prenatal care. Since obstetrics is a required course of study for all chiropractors, we are fully trained to understand the pains and disturbances a future mother is too often and unnecessarily experiencing.

By removing the interferences on the nervous system, chiropractic adjustments will help remove most, if not all, of these inconveniences. It will allow an easier pregnancy, a faster and easier delivery and it will help you to feel more pleasure as a woman and as a mother!

**For more information, please contact me at:**

**Healing Facilitation ®**

Avenue des Nénuphars 11/1  
B-1160 Brussels (Auderghem)

Avenue d'Esneux 256  
B-4130 Esneux (Tilff-Méry)

Tel. 02 660 5765  
Fax. 02 675 4545

Tel. 04 226 1073

Email: [genevieve@chiropractorbergiers.be](mailto:genevieve@chiropractorbergiers.be)  
[www.chiropractorbergiers.be](http://www.chiropractorbergiers.be)

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