

Prenatal Chiropractic Care



Why do I need Chiropractic care during pregnancy?

During pregnancy, there are several physiological and endocrinological changes that occur in preparation for creating the environment for the developing baby.

The following changes can result in a misaligned spine or joints:

- Protruding abdomen and increased back curve
- Pelvic changes
- Postural adaptations

Establishing pelvic balance and alignment is another reason to obtain chiropractic care during pregnancy.

When the pelvis is misaligned, it may reduce the amount of room available for the developing baby. This restriction is called intrauterine constraint.

A misaligned pelvis may also make it difficult for the baby to get into the best possible position for delivery.

This can affect the mother's ability to have a natural, non-invasive birth. Breech and posterior positions can interfere with the natural ease of labor and lead to interventions such as c-sections.

The nervous system is the master communication system to all the body systems including the reproductive system. Keeping the spine aligned helps the entire body work more effectively.

Webster Technique

According to the ICPA, the Webster technique is a specific chiropractic sacral analysis and diversified adjustment. The goal of the adjustment is to reduce the effects of sacral subluxation/ SI joint dysfunction. In so doing neuro-biomechanical function in the pelvis is facilitated.

The theoretical and clinical framework of the Webster Technique in the care of pregnant women is that sacral subluxation may contribute to difficult labor for the mother (i.e., dystocia).

Inadequate uterine function, pelvic contraction, and baby mal-presentation cause dystocia. The correction of sacral subluxation may have a positive effect on all these causes of dystocia.