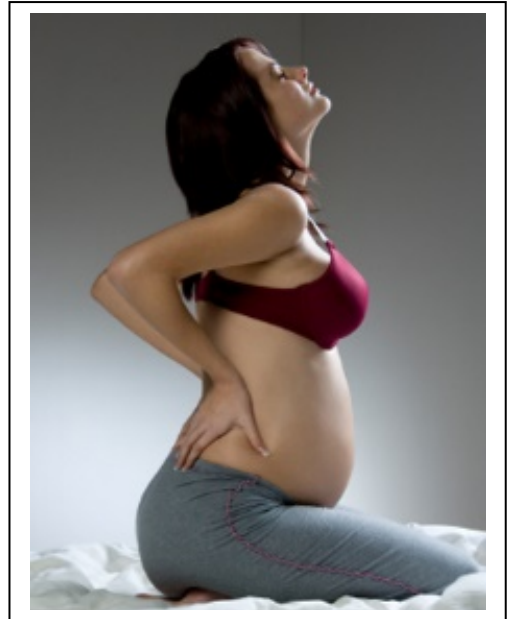


# Pregnancy and Chiropractors

Why would a pregnant woman see a chiropractor?

Bella Sichel, a chiropractor at Health on Hand Mansfield, say: "I commonly see pregnant females who are in pain. Whilst a certain level of discomfort is expected during pregnancy, I feel that a lot of women put up with much more than they should have to! The integrity of the musculo-skeletal system is dependent upon good tone of the muscles and ligaments which provide support and strength to the body. During the first trimester, the levels of the hormone relaxin are higher, which can have the effect of making the ligaments less taught. This in turn can create pelvic and spinal misalignments which results in pain and difficulty moving. Chiropractic treatment helps to realign the pelvis and spine which helps to alleviate a lot of the pain and discomfort."



With the increase in weight during pregnancy there can be added stress to the joint at the front of the pelvis called the pubic symphysis, this is often called pelvic girdle pain. It can be excruciating and can affect the ability to walk, crutches are often useful at this time. I find that adjusting the pelvis and pubic symphysis helps to reduce this pain and provides more stability in the pelvis.

Chiropractic care for the pregnant female is safe and effective and can also help relax muscles which have become tight due to the added pressures and weight gain. A 2018 study of 115 pregnant women who underwent manual therapy for common pregnancy symptoms found:

"Manual treatment successfully treated pregnancy symptoms in 79.1% of patients.

Conclusion: Manual therapy in pregnancy is a drugless, etiological, usually highly effective therapy. It is a low cost, rapid, safe, and well-tolerated treatment for pregnancy symptoms which frequently has an immediate effect, thus making it an optimal treatment for pregnancy symptoms."

In my experience it has been reassuring for pregnant patients to know that their spine and pelvis are aligned in preparation for birth, which can be helpful for a straightforward delivery.

For further information on chiropractic and if it can help you or your colleagues please call Health on Hand Mansfield, 15 St John Str., Mansfield, on;

**01623 635333**

Or visit [www.healthonhand.co.uk](http://www.healthonhand.co.uk)

**Special rates available to 2020 members: Initial Consultation and treatment £40, follow up treatments £30. Offer valid the whole of 2019. Please quote '2020' when making the appointment.**

Source: Skarica B et al. Effectiveness of Manual Treatment on Pregnancy Symptoms: Usefulness of Manual Treatment in Treating Pregnancy Symptoms. Med Arch. 2018 Apr;72(2):131-135. doi: 10.5455/medarh.2018.72.131-135.