

Chiropractic and Pregnancy

Supporting Healthy Pregnancy and Natural Birth

What is Chiropractic?

Chiropractic is a healthcare discipline that emphasizes the inherent recuperative power of the body to heal itself without the use of drugs or surgery. The practice of chiropractic focuses on the relationship between structure (primarily the spine) and function (as coordinated by the nervous system) and how that relationship affects the preservation and restoration of health.

“Women who received chiropractic adjustments in their third trimester were able to carry and deliver their child with much more comfort.”

- Irvin Henderson, MD

What are the benefits of chiropractic care prior to pregnancy?

- Promotes regular menstrual cycles
- May help optimize uterine function
- Prepares body for healthy implantation
- Ensures proper nerve supply to reproductive organs

What are the benefits of chiropractic care during pregnancy?

- Pelvic alignment and balance
- Reduction in preeclampsia
- Less back labor
- Reduced need for pain medication
- Less back pain
- Shorter labor times
- More comfort while breastfeeding
- Greater production of breastmilk
- Less incidence of postpartum depression

Is chiropractic safe for pregnant women?

Chiropractic is a non-invasive, drug-free discipline meaning that the risks associated with it are very low. Adverse events are very rare and your chiropractor will assess you individually for any risks before commencing care. In general, there are no increased risks or side effects with chiropractic for pregnant women. Your prenatal chiropractor may use special techniques or table modifications to avoid unnecessary pressure on the abdomen.

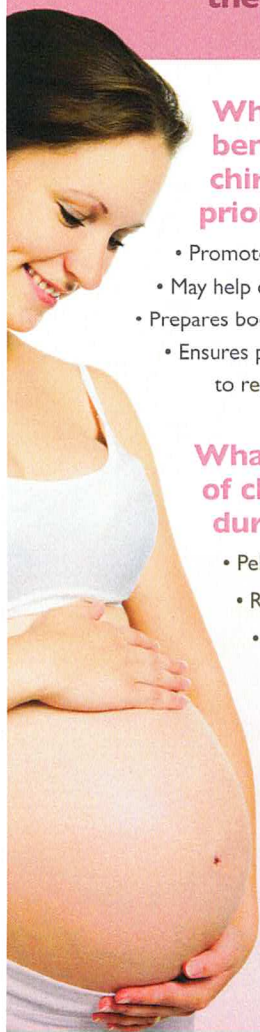
Are all chiropractors trained to work with pregnant women?

Yes! Chiropractors are all adequately trained to handle the needs of pregnancy; however some chiropractors have a special interest in serving pregnant women and have taken additional training. Chiropractors with the designation CACCP, DACCP or Webster Certification have taken additional training and achieved certification through the International Chiropractic Pediatric Association (ICPA).

Can chiropractic contribute to optimal fetal position in the womb?

- Larry Webster, founder of the ICPA, developed a specific technique known as the “Webster Technique” which has been shown to allow for optimal pelvic alignment during pregnancy by correcting sacral subluxation.
- One study showed a reported 92% of babies turning to a vertex position following use of the Webster Technique by a chiropractor. The study also suggests that the Webster Technique may be beneficial to use in the 8th month of pregnancy when breech presentation is unlikely to spontaneously change and when external cephalic version technique is not effective.
- It is important to realize that chiropractors are not turning babies or assessing and managing any fetal conditions or positions directly, but rather ensuring balance in a pregnant woman's body which may result in the fetus achieving an ideal position for birth.
- The ICPA recommends that pregnant women receive chiropractic care throughout pregnancy to achieve pelvic balance, giving babies a better chance of moving into a correct position for birth. Optimal baby position at the time of birth also results in an easier labor and thus safer delivery for both mother and baby.

Difficult labor (dystocia) for mothers may be the result of pelvic contraction, inadequate uterine function and baby malposition; **correction of sacral subluxation** by a Chiropractor may have a **positive effect on all of these causes** of dystocia and **lead to a better birth.**



In a hospital study that incorporated chiropractic adjustments during the pregnancy, **there was a 50% decrease in the need for painkillers during delivery.**