

Chiropractic During Pregnancy Leads to Healthier Births

Movement and alignment of spinal bones prove essential to life and health. Specific information and feedback required by the brain to properly control all aspects of the body comes from flexible alignment and motion in the spine. Research demonstrates the vital need for spinal care from conception through advanced age for every man, woman, and child.

Pregnancy, labor, and delivery introduce an invaluable time to begin chiropractic care for both mother and baby. More and more health professionals continue to accumulate evidence proving that extensive benefits come from receiving spinal adjustments during pregnancy. These health experts include educating mothers about the best health options available to mother and child before, during, and after labor. Research published in 2012 showed that women receiving spinal adjustive care during pregnancy experienced a host of benefits compared with women who did not. The benefits included a decreased likelihood of having a preterm baby, decreased use of forceps during delivery, decreased probability of meconium-stained amniotic fluid, decreased fluid overload, decreased low back pain, decreased carpal tunnel syndrome, and decreased duration of labor.



Imagine a solution to so many pregnancy concerns in through a proactive method with proven, positive results that contribute to a healthier mom and baby. The question of value seems so simple. Chiropractors began advocating the benefits of adjustments for pregnant women decades ago. Many obstetricians and pediatricians operated largely unaware of the benefits and safety precautions that accompany regular spinal adjustments for women before, during, and after pregnancy.

One study involving 223 women showed the average labor time for first-time mothers went from 21 hours to 10 hours for those not getting adjusted compared to women who received spinal adjustments. Another study showed that women utilizing spinal adjustments during their second pregnancy dropped labor times in half. Similar studies have been repeated with the same results.

The simple science explains that structure directs function in the body. The benefits of a healthy spine on organ and hormone health represents the predominant reason that pregnant women under chiropractic care are more likely to experience a healthier pregnancy with less labor time and less need for intervention. Adjustments improve alignment and mobility which reduces stress in the nervous system. Better sleep, movement, and hormone control are influenced with better spinal health. A developing fetus will put extra stress and pressure on the spine and pelvis of expecting mothers. Chiropractic adjustments help to relieve that pressure. Every current and future parent deserves to understand and have access to the benefits that achieved through gentle and safe chiropractic adjustments.