

## Chiropractic During and After Pregnancy



Are you pregnant? Or maybe just had your first newborn baby? Do you recognize any of these symptoms: Pain when walking, sitting and/or sleeping? Back pain from breast feeding or simply from rocking your baby to sleep? Pregnancy-related sciatica or pelvic pain is extremely common. Dr. Adam Nachmias at Nachmias Chiropractic is here to help you feel pain free, so you can fully enjoy becoming or being a mum.

Some important and frequently asked questions:

### **What role can chiropractic play in prenatal care for expecting moms?**

Dr. Adam's role as a chiropractor in prenatal care is to establish pelvic balance and alignment, not only to reduce the mother/baby discomfort, but also to allow the baby to be in the best position for delivery. When the pelvis is misaligned it may reduce the amount of room for the developing baby to be comfortable and they may seek out a less than optimal positioning for birth. Dr. Adam performs safe exercises, stretches and adjustments to the lower back and pelvis to optimize alignment.

Dr. Adam recommends that women receive chiropractic care throughout pregnancy to establish pelvic balance and optimize the room a baby has for development throughout pregnancy. With a balanced pelvis, babies have a greater chance of moving into the correct position for birth, and the crisis and worry associated with breech and posterior presentations may be avoided altogether. Optimal baby positioning at the time of birth

also eliminates the potential for dystocia (difficult labor) and therefore results in easier and safer deliveries for both the mother and baby.

**How can chiropractic help during postnatal care?**

Often after birth, whether vaginally or via c-section, the mother's pelvic biomechanics change – these changes can bring discomfort with walking, nursing and sleeping. Dr. Adam restores the pelvic balance with similar manipulation, exercises and stretches that were used in the prenatal care. It can also be beneficial to mobilize the thoracic region due to positions during breastfeeding, bottle feeding or simply rocking your child. Furthermore, there is a tendency for new mothers to flex forward for long periods of time which can aggravate the mid back area.

*Dr. Adam Nachmias has extensive years of chiropractic training and has treated patients with various pain-related symptoms for 21 years. Feel assured that you're in safe hands, while seeing Dr. Adam. Find samples of his extraordinary 5 STAR reviews here: <http://calldradam.com/chiropractic/patient-reviews/>*

Call any of our offices to book your appointment:

Office in Manhattan: 212-924-1700

Office in Brooklyn: 718-832-7300

Or book online: <http://calldradam.com/contact/book-online/>

**Welcome!**