

## Pregnant Women Have Special Concerns



There are so many things pregnant women worry about: staying pregnant, carrying the baby to full term, morning sickness, the baby developing normally backaches, leg pain and if their labor will be safe and hopefully easy.

Can chiropractic care help ease their minds? Chiropractic care has been observed to help pregnant and birthing woman a number of ways. Chiropractors have been performing spinal adjustments on pregnant women for over a hundred years and have noted that chiropractic spinal corrective care may help maintain pregnancy, control vomiting during pregnancy, deliver full-term infants with ease and produce healthier infants.

In the journal of the *American Osteopathic Association*, a number of practitioners commented on the effectiveness of spinal care for pregnant women. The following are a small sampling of their remarks: “For normal patients, correction of vertebral subluxations definitely helps normal function and rehabilitation. Manipulation can be of great value in the normalizing the body functions of women with problems of pregnancy such as toxemia.”

“Manipulative therapy...normalizes functions of the pituitary adrenal, ovarian and placental systems, including the craniosacral respiratory mechanism. This shortens the labor....and lessen medication requirement...Postpartum depression is a rarity in patients receiving manipulative therapy.”

### **Common Questions & Answers Regarding Chiropractic & Pregnancy**

#### **Is chiropractic care safe in pregnancy?**

Very safe and very sensible for both mother and baby.

#### **Is it difficult to receive a chiropractic adjustment when pregnant?**

Not at all. Chiropractors are trained in adjusting the spines of pregnant women and many chiropractic adjusting tables have special modifications for the pregnant figure.

**How late in the pregnancy is it possible to get an adjustment?**

Patients have received adjustments even during labor.

**Can spinal care help postpartum depression?**

For years chiropractic's beneficial effects on emotional stress and personality have been noted. At least one journal has quoted a doctor as saying that "postpartum depression is a rarity in patient receiving manipulative therapy."

**Can back pain be helped with chiropractic?**

Chiropractic is not a treatment or therapy for back or spinal pain. However, with a chiropractic spinal adjustment, the body will be better able to heal its back and spinal pain, as well as other health problems.

**Do I have to have a problem in pregnancy to see a chiropractor?**

Not at all. Chiropractic should be used as preventive maintenance. Periodic spinal checkups during pregnancy should be as common as periodic weight checkups.

**Can a baby receive chiropractic care?**

Infants a few hours old have been given spinal checkups and adjustments (if needed).

Book your next appointment with Dr. Adam Nachmias now and feel better during pregnancy!

Call any of our offices at:

Manhattan, call: 212-924-1700

Brooklyn, call: 718-832-7300

Or book online through ZocDoc here:

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