

Safe Pain Relief during Pregnancy - Chiropractic Care



Are you currently pregnant or thinking about having a baby soon? If you answered yes to either question, hopefully you are also planning to go and see Dr. Adam Nachmias at Nachmias Chiropractic for a chiropractic exam.

A woman's body goes through countless changes while pregnant, not only hormonally, but also posturally and bio-mechanically. Low back pain is almost imminent during pregnancy. This is especially true during late pregnancy, when the baby's head presses down on a woman's back, legs, and buttocks, irritating her sciatic nerve. Chiropractic care offers a non-invasive, safe form of care to help alleviate pain and make having a baby easier.

When pregnant, your body prepares itself to carry and nourish your baby. Your center of gravity shifts forward as the baby grows, the pelvis tilts anteriorly causing the muscles in the lower back to become shortened and tightened, while the hamstrings and gluteal muscles become stretched and weakened. The curves in the cervical and lumbar regions are increased, placing extra stress in the lower back and neck. The round ligaments attach to the uterus, are stretched and placed under a lot of stress while pregnant, and can be the cause of significant amounts of pain while pregnant, both in the abdomen and lower back.

Hormonal changes throughout pregnancy cause ligaments to become looser, and therefore causing the joints to become less stable, especially the sacroiliac joints and pubic symphysis

How Can Chiropractic Help?

Before you become pregnant, Dr. Adam can detect any imbalances in the pelvis or elsewhere in your body that could contribute to pregnancy discomfort or possible neuromusculoskeletal problems after childbirth. Dr. Adam uses gentle, soft tissue techniques to help relax the tight ligaments and eliminate or reduce pain.

Diversified chiropractic adjustments are safe for mom and baby throughout the duration of the pregnancy. Special tables and pillows are used so pregnant women can lie in the prone (face down) position while being treated. Chiropractic adjustments help put motion into joints that are not moving as well as they should be; the same goes for the joint in the front of the pelvis, which is placed under an enormous amount of stress throughout pregnancy. Chiropractic appointments should be scheduled at the same intervals as OB/GYN appointments, or more frequently if necessary.

Women who receive chiropractic care report easier and faster deliveries. Most of all, no one likes to be in pain; pain can also cause a great deal of anxiety and stress, neither of which are good for mom or baby. Getting adjusted regularly while pregnant can help ease or eliminate pain and make the process of having a baby much easier.

Chiropractic care can also help after childbirth. In the eight weeks following labor and delivery, the ligaments that loosened during pregnancy begin to tighten up again. Ideally, joint problems brought on during pregnancy from improper lifting or reaching should be treated before the ligaments return to their pre-pregnancy state-to prevent muscle tension, headaches, rib discomfort, and shoulder problems.

What Can You Do to Make the Pregnancy Easier?

Exercise

- Safe exercise during pregnancy can help strengthen your muscles and prevent discomfort. Try exercising at least three times a week, gently stretching before and after exercise. If you weren't active before your pregnancy, check with your doctor before starting or continuing any exercise.
- Walking, swimming, and stationary cycling are relatively safe cardiovascular exercises for pregnant women because they do not require jerking or bouncing movements. Jogging can be safe for women who were avid runners before becoming pregnant-if done carefully and under a doctor's supervision.
- Be sure to exercise in an area with secure footing to minimize the likelihood of falls. Your heart rate should not exceed 140 beats per minute during exercise. Strenuous activity should last no more than 15 minutes at a time.
- Stop your exercise routine immediately if you notice any unusual symptoms, such as vaginal bleeding, dizziness, nausea, weakness, blurred vision, increased swelling, or heart palpitations.

Pregnancy Ergonomics

- Sleep on your side with a pillow between your knees to take pressure off your lower back. Full-length "body pillows" or "pregnancy wedges" may be helpful. Lying on your left side allows unobstructed blood flow and helps your kidneys flush waste from your body.
- If you have to sit at a computer for long hours, make your workstation ergonomically correct. Position the computer monitor so the top of the screen is at or below your eye level, and place your feet on a small footrest to take pressure off your legs and feet. Take periodic breaks every 30 minutes with a quick walk around the office (Source: naturalnews.com & acatoday.org).

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 to relief pain from pregnancy with Nachmias Chiropractic!