

## Chiropractic When You Are Pregnant?



*During pregnancy there are several physiological and endocrinological changes that occur in creating the environment for the developing baby. The body produces hormones to relax the ligaments; without these, the baby's head would never be able to fit through the pelvis. However, those hormones combined with a growing belly, can result in a misaligned spine or joints. In other words:*

- Protruding abdomen and increased back curve
- Pelvic changes
- Postural adaptations

Chiropractic can undo much of this damage... In fact, chiropractic care can give you lots of health benefits during pregnancy, like for example:

- Maintaining a healthier pregnancy
- Controlling symptoms of nausea
- Reducing the time of labor and delivery
- Relieving back, neck or joint pain
- Preventing a potential cesarean delivery

Another reason to pay a visit to your chiropractor during pregnancy is to establish pelvic balance and alignment. When the pelvis is misaligned it may reduce the amount of room available for the developing baby. This restriction is called intrauterine constraint.

A misaligned pelvis may also make it difficult for the baby to get into the best possible position for delivery. This in turn can affect the mother's ability to have a natural, non-invasive birth. Breech and posterior positions can interfere with the natural ease of labor and lead to interventions, such as c-sections.

*The nervous system is the master communication system to all the body systems, including the reproductive system. Keeping the spine aligned helps the entire body to function more effectively.*

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

There are no known health risks associated with chiropractic care when pregnant. In fact, all chiropractors are trained to work with women who are pregnant, and only positive effects have been reported. Chiropractic is even said to reduce the likelihood of miscarriage (Sources: americanpregnancy.org & whattoexpect.com).

Dr. Adam Nachmias at Nachmias Chiropractic has extensive knowledge and experience in treating pregnant women. After the actual spinal adjustment, he will also provide you with exercises and stretches, which are safe and beneficial to do during pregnancy.

Pay a visit to the *best chiropractor in NYC*, Dr. Adam Nachmias, and your body will thank you afterwards! Call any of our offices to book your appointment:

Brooklyn: 718-832-7300

Manhattan: 212-924-1700

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

**We warmly welcome you to find pregnancy relief at Nachmias Chiropractic!**