

## Chiropractic Research: Chiropractic Adjustments Help Shorten Child Birth and Relieve Pregnancy



*Many do not understand what chiropractic care would have to do with pregnancy, labor and childbirth. As a matter of fact, all women would benefit from receiving chiropractic adjustments while pregnant to ease pregnancy discomfort, get labor relief, and shorten childbirth delivery time.*

### **What Does Chiropractic Contribute With to Ease Pregnancy?**

The benefits of chiropractic when pregnant are many. Chiropractic helps:

- 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

### **Chiropractic Research – Case Study on Pregnancy and Childbirth**

The Journal of Pediatric performed a case study, which confirmed the benefits of chiropractic care in pregnant women.

#### **Objective of Study**

To describe the changes in labor and delivery duration for a pregnant patient that did not receive chiropractic care throughout her first pregnancy, but did receive subluxation centered chiropractic care throughout her second pregnancy.

### **Clinical Features**

The subject of the study was a 28-year-old woman before even being pregnant yet. She was presented to the chiropractor for wellness care purposes. She informed the chiropractor that she would sometimes experience pain at the tip of her tailbone that started after she gave birth to her first child.

When asked about her labor and delivery, she stated that it was long and difficult. Her initial chiropractic examination took place approximately eleven months before the conception of her second child, and she received regular chiropractic adjustments throughout the pregnancy, all the way until the birth of her second child.

### **Intervention and Outcome**

The patient was cared for with *Diversified Technique* adjustments and was recommended, and also used, a pelvic compression belt. She received 32 adjustments prior to the conception of her second child. She also received 19 adjustments after she became pregnant that took place all the way up until the birth of her second child. Her second birth experience was both shorter and easier than the first childbirth.

### **Conclusion**

This case report provides supporting evidence that subluxation centered chiropractic care on pregnant patients can have beneficial effects on the birthing process, and the actual pregnancy.

If you are currently pregnant, or are planning to be, do not hesitate to visit Dr. Adam Nachmias – Nachmias Chiropractic to receive chiropractic adjustments.

### ***It Is Tough As It Is to Be Pregnant, So Why Not Get Help to Ease the Discomfort?***

Dr. Adam has over 26 years experience of working with pregnant women to help relieve back and neck pain, joint pain, nausea, ease labor and shorten childbirth delivery time.

To book an appointment with Dr. Adam Nachmias, call any of our offices:  
Brooklyn: 718-238-8900  
Manhattan: 212-924-1700

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

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