

Chiropractic Research: Vaginal Birth After Multiple Cesareans Following Chiropractic Care



Case Study & Selective Review of the Literature

Why Is Chiropractic Adjustments Essential to Vaginal Childbirth?

“You wouldn’t drive a car if it was out of alignment, so why would you prepare for birth that way? I would attribute how smooth my labor and delivery was to the chiropractic care I received during my pregnancy and labor...” —Jenn Lovett, Irving, TX

This quote from Jenn Lovett speaks for itself. The reason behind a complicated, long, and pain-full labor, which often results in cesareans, is positioning. As anybody intimately acquainted with labor and childbirth knows, the baby’s position can be just as important as the mother’s.

Yet sometimes all the education, preparation, and exercise in the world will not ensure a properly positioned baby if the mother is not receiving good chiropractic care.

Chiropractic Is Often the Missing Link When It Comes to Natural Birth Preparation

A balanced spine and pelvis are essential to a healthy vaginal birth. However, it is never too late to prepare for a healthy birth.

The case study below, presents proof of how a women with three prior cesareans, was able to have a vaginal birth.

Abstract

Objective

To review the management of a 39-year-old woman seeking a vaginal birth after three caesarean sections (VBAC3) while under subluxation-based chiropractic care.

Clinical Feature

A 39-year-old woman was referred into a chiropractic clinic for pregnancy related low back pain and to increase possibility of a vaginal birth after three caesarean sections.

Interventions and Outcomes

After referral to the chiropractic clinic the patient was assessed for an initial examination using static and motion palpation, postural analysis, prone leg checks, thermography and surface EMG.

Following the initial examination, specific chiropractic adjustments were initiated using the Webster and Diversified chiropractic techniques for a total of 14 visits recommended over an 8-week period prior to the patient giving birth.

The patient made significant improvement and was able to have a vaginal birth after three previous caesarean births.

Conclusion

There is limited research on women attempting vaginal birth after caesarean sections and the role of vertebral subluxation management. This study suggests positive outcomes through chiropractic care during pregnancy for women attempting a vaginal birth after caesarean section.

Further studies should be done on this topic as many women have a concept of once they have a caesarean section that is the only option for future births

(sources: chiropracticpediatrics.sharepoint.com & pathwaystofamilywellness.org).

Ensure a healthy vaginal childbirth with the help of Dr. Adam Nachmias – Nachmias Chiropractic. Dr. Adam has extensive knowledge and experience in treating pregnant women. After balancing the spine and pelvis, he will also provide exercises and stretches that are safe and beneficial during pregnancy.

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Brooklyn and Chelsea, Manhattan, New York!***

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