

## Chiropractic Research: Improved Health Outcomes In A Woman Experiencing Chronic Post-Partum Low Back Pain



*Post-partum low back pain is common after pregnancy and many women ask why that is? The answer to this question is that during pregnancy, your expanding uterus stretches and weakens your abdominal muscles and alters your posture, and therefore puts strain on your back.*

Extra weight also means more work for your muscles and increased stress on your joints. Hormonal changes in pregnancy can loosen the joints and the ligaments that attach your pelvic bones to your spine. This can make you feel less stable and cause pain when you walk, stand, sit for long periods, roll over in bed, get out of a low chair or the tub, bend, or lift things.

### How To Treat Post-Partum Low Back Pain After Pregnancy?

Chiropractic adjustments are the best treatment for post-partum low back pain. The study below shows proof of great results after only two chiropractic treatments on a woman in her early 30thies, who suffered low back pain after giving birth.

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## ***Abstract Of Study***

### **Objective**

To describe the outcomes related to chiropractic in a woman with post-partum back pain.

### **Clinical Features**

A 33-year-old female presented for chiropractic consultation and care with chronic low back pain that began during pregnancy, approximately three years prior. History revealed that she had a C-section due to a small pelvic opening.

An A-P lumbosacral radiograph demonstrated significant left sacral displacement relative to the median plane.

### **Intervention and Outcomes**

The patient was cared for with high velocity low amplitude thrust chiropractic adjustments. Chiropractic care was administered to the patient over two visits. After one sacral adjustment, comparative radiographic assessment revealed ***a 72% correction of the sacral subluxation and she had complete relief of symptoms.***

### **Conclusions**

This case report provides supporting evidence that women suffering from pelvic and low back pain post-partum may benefit from chiropractic care. Research on the relationship between pelvic subluxation should be further conducted (sources: babycenter.com & chiropracticpediatrics.sharepoint.com).

## **Your Chiropractor Dr. Adam Nachmias – Nachmias Chiropractic**

When in need of a Chiropractor, Dr. Adam Nachmias at Nachmias Chiropractic, is the number 1 choice for New York patients. Dr. Adam is an expert, licensed, and well awarded chiropractor with 26 years experience of chiropractic care.

Dr. Adam got awarded 2016's Best Chiropractor in New York for the 2nd year in a row by [opencare.com](http://opencare.com) and [expertise.com](http://expertise.com).

Nachmias Chiropractic has practices in both Bayridge and Manhattan, New York.

To book an appointment with Dr. Adam Nachmias, call any of our offices:

Brooklyn: 718-238-8900

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

**Nachmias Chiropractic – We Got Your Back!**