

Chiropractic care is possible throughout all stages of pregnancy.

Chiropractors are statutorily regulated primary healthcare professionals, who work in the private healthcare sector and, in some areas, in NHS settings. Chiropractors train full-time for five years with extensive training in anatomy, physiology and biomechanics, with particular emphasis on the musculoskeletal system and the nervous system. If necessary, a chiropractor will refer you to another healthcare professional if your problem is not suitable for chiropractic care.



Your chiropractor is trained in a wide variety of techniques to help you deal with the increased stresses of pregnancy on the body and will use safe, gentle techniques that are suitable for your condition. A woman's body might change during pregnancy putting more or different strains on the ligaments and joints especially in the pelvis.

Those changes include the softening of the ligaments, the change in the shape of the pelvis and the change in the position of the baby in the uterus. That can lead to additional pressure on the joints. Chiropractic treatment can help to ease these changes and provide support and comfort during pregnancy.

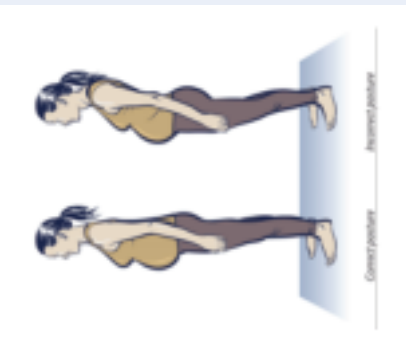
Chiropractic care is a safe and gentle way to promote comfort and minimise back pain during your pregnancy.

What to expect:

- Chiropractors don't just crack spines. An initial consultation will comprise a detailed discussion about your pain, lifestyle, and history of the problem, followed by postural and orthopaedic examinations

- Chiropractic treatment is a combination of

specific massage techniques, joint manipulation or mobilisation and advice on how to make lifestyle changes which will stretch and strengthen the necessary areas and postural habits



Chiropractors also give advice on nutrition, posture, exercises and ways to help yourself – all based on guidelines and research.

What can I do to help myself?

The following simple measures may help:

- keeping active but also getting plenty of rest
- standing tall with your bump and bottom tucked in a little
- changing your position frequently – try not to sit for more than 30 minutes at a time
- sitting to get dressed and undressed
- putting equal weight on each leg when you stand
- trying to keep your legs together when getting in and out of the car
- lying on the less painful side while sleeping
- keeping your knees together when turning over in bed
- using a pillow under your bump and between your legs for extra support in bed. You should avoid anything that may make your symptoms worse, such as:
 - lifting anything heavy, for example heavy shopping
 - going up and down the stairs too often
 - stooping, bending or twisting to lift or carry a toddler or baby on one hip
 - sitting on the floor, sitting twisted, or sitting or standing for long periods
 - standing on one leg or crossing your legs.

Further information:

The Royal College of Chiropractors' Pregnancy & Paediatrics Faculty

maintains a list of members of the faculty, chiropractors who have undertaken formal postgraduate study and/or have demonstrated M-level equivalent achievement in subjects relevant to chiropractic care of pregnant women and children.

<https://rcc-uk.org/wp-content/uploads/2018/07/Pregnancy-Paediatrics-Faculty-Register-July-2018.pdf>

NHS:
<https://www.nhs.uk/conditions/pregnancy-and-baby/#keeping-well-in-pregnancy>

Royal College of Obstetricians & Gynaecology:
<https://www.rcog.org.uk/en/patients/patient-leaflets/>

Pelvic Partnership is charity which provides women and healthcare professionals with information about best practice for the treatment and management of pregnancy-related issues
www.pelvicpartnership.org

Refs:

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Chiropractic & Manual Therapies 2012; 20:8



Chiropractic Care for Pregnancy

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