



CAN CHIROPRACTORS HELP WITH NEUROPATHY?

Chiropractic Care during pregnancy is pivotal in maintaining health of the spinal column, discs, related nerves and bone geometry without drugs or surgery.

It involves the art and science of adjusting misaligned joints of the body, especially of the spine, which reduces spinal nerve stress and therefore promotes health throughout the body.

There are no known contraindications to chiropractic care throughout pregnancy. Investing in the fertility and pregnancy wellness of women who are pregnant or trying to conceive is routine care for most chiropractors. During pregnancy, there are several physiological and endocrinological changes that occur in preparation for creating the environment for the developing baby, Changes like; Protruding abdomen and increased back curve, Pelvic changes, and Postural adaptations resulting in a misaligned spine or joints.

Establishing pelvic balance and alignment is a major reason for obtaining chiropractic care during pregnancy. 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 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 bodily systems including the reproductive system. Keeping the spine aligned helps the entire body work more effectively.

It is considered normal by some for a baby to present breech until the third trimester. Most birth practitioners are not concerned with breech presentations until a patient is 37 weeks along. Approximately 4% of all pregnancies result in a breech presentation.

Currently, the International Chiropractic Pediatric Association (ICPA) recommends women receive chiropractic care throughout pregnancy to establish pelvic balance and optimize the room a baby has for development throughout pregnancy.

With a balanced pelvis, babies have a greater chance of moving into the correct position for birth, and the crisis and worry associated with breech and posterior presentations may be avoided altogether. Optimal baby positioning at the time of birth also eliminates the potential for dystocia (difficult labor) and, therefore, results in easier and safer deliveries for both the mother and baby.

If you have any further questions don't hesitate to contact our office; One Spine At A Time Chiropractic Care in Farmington, CT today.

