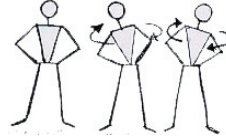


keep moving

It is important to maintain healthy spinal mobility and alignment during pregnancy. These simple exercises may assist with this. Remember that breathing is an integral part of all stretching and that regular practice achieves the best results.

waist rotation

Stand with hands on waist, feet about a shoulder's width apart. Bend forward slightly from the waist and rotate upper body several times clockwise, then several times counter-clockwise. Keep hips stationery.



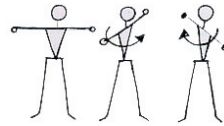
spinal stretch



Same starting position as waist rotation. Without moving the hips bend at the waist as far as you can comfortably, first to the left, then to the right. Repeat several times.

torso twist

Stand with feet about a shoulder's width apart, arms extended to the sides. Keeping the arms extended, twist from the waist up only first to the left and then to the right. Repeat several times. Be sure to look in the direction in which you are turning.



Source: Chiropractic and Pregnancy, S. Girard, Illustrations: P. Girard, www.socalbirth.org/shelly/chiro.htm

How much weight will I gain during pregnancy and will it remain with me after the baby is born?

The average expectant mother gains 9.9 kilograms. She loses 6.1 within an hour after delivery, sheds another 1.5 during the next 12 days, and six weeks later weighs 8.1 kilograms less than she weighed at the start of labour. The amount of weight still to be lost is 1.9 kilograms to regain the pre-pregnancy weight.

Source: S Juan, Odd Body 2, p.18



KIRO FOR KIDS
HANDS ON DEVELOPMENT

Newsletter

Jan-Mar 2005

Clinic details

Family
Chiropractic Clinic

Pregnancy



and Chiropractic

It is often said that pregnant women fall into two groups. There are those who thrive during their pregnancy and go on with life as if their body had not changed, then there are the others who suffer from all sorts of pains and discomforts which make pregnancy a difficult time.

Regardless of which group you fit into chiropractic care may provide real benefits to maintain your body in optimum condition and reduce the many stresses and problems that may occur during pregnancy.

Body changes

During pregnancy a woman's body undergoes an incredible number of complex changes in preparation for the growing baby and its

Inside

- ▶ Pregnancy and chiropractic
- ▶ Benefits of chiropractic care during pregnancy
- ▶ Tips
- ▶ From the editor
- ▶ Keep moving
- ▶ Did you know?

Pregnancy and Chiropractic

cont...

delivery. The types of changes the body will experience during pregnancy are:

- a growing abdomen
- increased back curve
- changes to the pelvis and
- posture changes

Each of these changes may place pressure and strain on a number of areas of the body. As the body undergoes these changes it is important that a healthy structural balance is maintained, which in turn will assist minimise any discomfort and improve the bodies recovery after birth.

Possible pregnancy problems

Over the course of pregnancy a mother's weight may increase between 13-18kgs, the majority of this will be around the abdomen. This increase in weight may create spinal misalignment and changes in posture which can affect nerves, muscles and the mobility of joints.

Using gentle and safe adjustments chiropractic can assist keep the spine in optimum balance which may in turn reduce the instances of back pain.

Improve your pregnancy with chiropractic care

As the hips expand to stabilise the body and the muscles and ligaments in the pelvis soften in preparation for the birth process pressure is put on the pelvic joints. This may cause functional imbalance in the pelvic structures. This condition is common and can cause significant pain.

Chiropractic care, using gentle and effective techniques realigns the pelvis and in turn may assist in easing this pain.

Other areas where chiropractic care may assist some women is in controlling vomiting and reduction in time of labour and delivery.

Even if you don't suffer from any of the aches and pains of pregnancy it is still important to ensure that your body is working at its optimum. Keeping the spine aligned helps the entire body work effectively to support you and your growing baby.

Benefits of chiropractic care during pregnancy

Chiropractic care may provide benefits such as:

- Correct any vertebral misalignment and relieve pressure with gentle and effective adjustments.
- Help ensure that pelvic bones are properly aligned, which may facilitate a quicker, easier delivery.
- Re-establish the natural position and mobility of the joints.
- Assist reduce any nerve interference, which is vital for the development of a healthy baby and mother.

Tips

Caring for a baby, like other kinds of work that require lifting, long periods of sitting, and repetitive motions, can impact your body. Try these simple tips to prevent problems before they begin.

- Put one foot on a box or low shelf when you stand and change diapers. This causes your pelvis to tilt in a way that decreases pelvic fatigue.
- Keep work surfaces at a comfortable height. For instance, put something under the legs of the changing table, to raise it if you're tall.
- Drop the crib side before you pick up the child.
- When picking up a child squat with your back straight, keep the child close to you, and use your leg muscles to rise.
- When placing a child in the car sit sideways on the seat with the child on your lap, then rotate to face the front and put the child in the seat.
- Make sure your feet touch the floor and your back is supported when you sit holding your child. Keep your knees at the same height as your hips or slightly higher.

Source: www.firstbabymall.com/expecting/pregnancy/chiropractic.htm



The information in this newsletter does not replace informed chiropractic advice or care. You should not use this information to diagnose or treat any health problems without consulting your chiropractor.

From the Editor

Pregnancy, especially your first, can be a roller coaster ride of anticipation and uncertainty, all mixed together with a rapidly changing body.

As a mother I have a wide network of friends who have experienced pregnancy and childbirth.

In talking with these women about their experiences during pregnancy a common theme is the desire to maintain a healthy and drug free body so their baby has the best start in life and they can maintain their other commitments.

Many women experience some very difficult and painful issues during pregnancy, such as vomiting, back and pelvis pain.

It is often a learning process to discover what options are available to naturally deal with these issues.

It is good to know there are natural, safe and drug free methods of ensuring your body is maintained in optimum condition during pregnancy.

To have a healthy and strong body during pregnancy definitely assists in coping with the new emotional and physical demands and gives your baby a healthy environment in which to develop.

Best of Health

The Editor