

PREGNANCY

It is a common observation that birthing seems to be more comfortable for women who were under chiropractic care during pregnancy. The following studies mention how common spinal problems are resolved during pregnancy (up to 90%) and best of all how Chiropractic is safe, effective and most of all a drug free approach which is ideally suited for the health and well being of both mother and child.

Follow-up of patients with low back pain during pregnancy. Brynhildsen J, Hansson A, Persson A, Hammar M. In: Obstetrics & Gynecology, Feb 1998; 91(2): 182-6.

Women with severe low back pain during pregnancy have an extremely high risk for experiencing a new episode of more severe low back pain during future pregnancies and when not pregnant.

AMA study shows that pregnant women under chiropractic care have easier pregnancy and delivery. American Medical Association records released in 1987 during trial in U.S. District Court Northern Illinois Eastern Division, No. 76C 3777.

Irvin Hendryson, M.D. a member of the American Medical Association board of trustees, did a clinical study which revealed that pregnant women who received chiropractic adjustments in their third trimester were able to carry to term more frequently and deliver children with more comfort.

The effects of chiropractic treatment on pregnancy and labor: a comprehensive study. Fallon J. Proceedings of the world chiropractic congress. 1991; 24-31.

The hormonal changes that occur during pregnancy can change the shape of the spinal curves and overall posture which can affect organ systems.

In this study Dr. Fallon describes her work with 65 women who received chiropractic care from at least the tenth week of pregnancy through labor and

delivery. These women experienced mean labor times significantly reduced compared to controls.

Women who were primagravidae (first pregnancy) who received chiropractic care averaged 24% shorter labor times than average for primagravidae women. Women who were multiparous (had had at least one child prior) averaged 39% shorter labor times versus controls.

Hypolumbarlordosis: a predisposing factor for preeclampsia. Kanayama N. Maradny EE, Kajiwara Y. et al. European Journal of Obstetrics and Gynecology and Reproductive Biology, 1997;75: 115-121.

About 1 in 200 pregnant women suffer from preeclampsia with hypertension and albuminuria (protein in urine) and which can lead to seizures, coma and death. No one knows what causes it.

The authors studied pregnant women to see if there was a relationship between their spinal shape, particularly the lumbar (lower back) spinal shape and preeclampsia. It was revealed that women with decreased lumbar spine curves had more preeclampsia. Interestingly, they also found that patients with reduced lumbar curves had decreased blood flow to the iliac artery than normal pregnant women.

Back pain during pregnancy and labor. Diakow, PRP, Gadsby, TA, Gadsby JB et al. J Manipulative Physiol Ther Vol. 14, No. 2 Feb. 1991.

From the abstract:

An interview of 170 consecutive female patients: of the 170 pregnancies with reported back pain, 72% also reported back labor...The treated group experienced less pain during labor.

Eighty-four per-cent of patients receiving spinal manipulative therapy reported relief of back pain during pregnancy. There was significantly less likelihood of back labor when spinal manipulative therapy was administered during pregnancy.

Chiropractic care during pregnancy. Webster L, Today's Chiropractic Sept/Oct 1989.

Dr. Webster writes:

Perhaps the best testimonial to the effectiveness of chiropractic care during pregnancy can best be summed up in my own personal experience while I was a student at Logan College. During my wife's first pregnancy, she received regular chiropractic care. During her second pregnancy she did not (due to the fact that I was overseas). Her medical doctor (who incidentally was anti-chiropractic) made this statement: "I hate to admit it, but I can tell the difference in you. Would you find someone to give you chiropractic care?"

Pregnancy and chiropractic care. Penna M, American Chiropractic Association Journal of Chiropractic. Nov. 1989 p.31.

From the summary:

"Regular adjustments can make pregnancy less stressful and delivery less uncomfortable. Chiropractic treatment can continue safely until the day of delivery."

Medical expert state that less painkillers needed during delivery if patient under chiropractic care. Freitag, P. Expert testimony of Freitag, M.D., Ph.D. comparing results of two neighboring hospitals. U.S. District Court Northern Illinois Eastern Division, No. 76C 3777, May 1987.

A study was conducted in which chiropractic adjustments were incorporated into patients' pregnancies. It revealed that the need for painkillers during delivery was reduced by half under chiropractic care.