

Research Suggests...

Chiropractic care impacts pelvic floor control

Why this study matters. Your pelvic floor muscles are integral to the birth process, and to the prevention of incontinence.

- Chiropractic care can have an impact on pelvic floor muscles.
- Pregnant women who received chiropractic care had a greater ability to relax their pelvic floor muscles at rest.
- This relaxation of the pelvic floor muscles may mean that chiropractic care could be of benefit to pregnant women, as it may help them have a natural vaginal delivery.

"If we can have uncomplicated, natural vaginal delivery without drugs and intervention, the baby is better off and the woman is better off. This study we have done suggests chiropractic care can help women by relaxing their pelvic floor muscles." Neuroscientist and Chiropractic Researcher Heidi Haavik

Effect of Spinal Manipulation on Pelvic Floor Functional Changes in Pregnant and Nonpregnant Women: A Preliminary Study. Haavik, Heidi et al. Journal of Manipulative & Physiological Therapeutics, Volume 39, Issue 5, 339 - 347

