

DID YOU KNOW...

that Chiropractors adjust pregnant women?



During pregnancy, weight-bearing changes occur; this can cause added stress to the spine. Chiropractic care during pregnancy not only can help you to stay more comfortable, but can also help to facilitate your birth.

Chiropractic care during pregnancy has been shown to significantly reduce the length of time a woman labors. First time moms averaged a 24 percent shorter labor, while mothers who have already given birth experienced a 39 percent reduction in the average labor length, compared to controls. Chiropractic adjustments during pregnancy can also reduce the likelihood of experiencing back labor. Regular chiropractic adjustments can safely continue up until the time of birth.

Prenatal Chiropractic Care can...

- Correct vertebral misalignment and relieve pressure with gentle and effective adjustments
- Help ensure that pelvic bones are properly aligned, facilitating a quicker, easier delivery
- Re-establish the natural position and mobility of the joints
- Provide freedom from interference of normal nerve energy which is vital for the development of a healthy baby and mother

For more information visit <http://www.icpa4kids.org/research/chiropractic/pregnancy.htm>