



adjust your lifestyle™

Enjoy a Healthy, Pain Free Pregnancy

Pregnancy is a beautiful and natural process. From the moment of conception and throughout pregnancy, your body's Innate Intelligence is busy coordinating the physical and hormonal changes that are necessary for creating the perfect environment for your developing baby while also preparing the mom's body for a healthy delivery.

Some of these changes such as gaining weight, bulging abdomen, increased back curve, pelvic ligament laxity, and postural changes can result in subluxations to the spine and pressure on the nervous system that make pregnancy a painful experience, rather than a joyful one.

Your nervous system is the master communication system to all the body systems including the reproductive system. Keeping the spine aligned helps the entire body work more effectively and adapt to these changes with ease. Imbalances in the pelvis and lower back can put pressure on these nerves causing mom to experience pain or other health problems that may be "blamed" on pregnancy, when they are really caused by pressure on the nerves.

Establishing pelvic balance and alignment is vital during pregnancy for the baby as well. When the mother's 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 position for delivery.

Chiropractic care during pregnancy can provide the following benefits:

- Maintaining a healthier pregnancy
- Controlling symptoms of nausea
- Reducing the time of labor and delivery (by nearly 25% reduction in the average labor times

in those receiving chiropractic care versus the generally accepted average labor time in women who had given birth in the past, there was a 33% reduction in average labor time (Fallon J. International Chiropractic Association, 1994 – Virginia)

- Relieving back, neck or joint pain (Researchers found 7/10 women were helped by spinal manipulation in this study: Bery G, Hammar M, Moller-Nielsen J et al. *Obstet and Gynecol* 72:71-75, 1988)
- Preventing a potential cesarean section

Currently, the International Chiropractic Pediatric Association recommends that 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 can 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.

Many obstetricians and midwives work closely with chiropractors, as a team, to ensure the healthiest pregnancy for mom, and the safest delivery for baby.

Chiropractic care can also help mom even after the baby is born. In the eight weeks after delivery, the ligaments that loosened during pregnancy begin to tighten again. Aligning the spine and pelvis as these ligaments return to their normal state can speed the healing from deliver and ensure a healthy future. And don't forget to make sure your new baby's spine and nervous system is healthy with a simple chiropractic checkup immediately after they are born.

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