

Chiropractic Care & Pregnancy

Rick Bittner, D.C.

Writing about Chiropractic adjusting during pregnancy is always kind of fun. Over my 20 years of practice, the joy of giving needed and lasting relief to these special and delightful people has been both wonderful and rewarding.

The gestation process of this new person is surely one of God's most remarkable accomplishments. Two cells come together and there's an explosion of life! Not only is a complete person and personality formed, but also an entire organ system is developed to support and nurture the baby as he or she develops! Truly spectacular!

The physical changes that take place in the mother's body during pregnancy are also quite remarkable. In the earlier stages of pregnancy, women often complain of discomfort in the mid back region. This is typically caused by changes in the respiratory system and the flattening of the rib cage to accommodate for increased inspiration and expiration volumes during gestation. Also interesting is the fact that thoracic vertebrae #7 through #12 carry the lion's share of the nervous information to the developing child. Gentle adjustments to these vertebrae typically alleviate any discomfort for the mother and any restriction of nervous flow to and from the baby.

In the mid-to-later stages of pregnancy, the increased size and weight of the child begin to shift the load more toward the lumbar and pelvic portions of the spine. As the mother's tummy begins to increase in size it puts more pressure on the ligaments, muscles and nerves attached to the lumbar vertebra and pelvis. At this point if any of these structures are out of place they typically start to cause discomfort or pain.

This is when women come into the practice and say, "Doctor, this baby has an elbow or something



pushing on a nerve in my low back right here and it's killing me!" What's really happening is one or two vertebrae or the sacroiliac joint have moved out of place. This causes the muscles attached to these structures to pull against one another inappropriately. Confused, the muscles all start pulling at the same time; they then start pulling on the nerve tissue, resulting in pain.

At this time many women reach for some form of medication either from their medical doctor or over the counter.

Not all of which are necessarily good for the baby or the mother.

Again, most of this discomfort can easily be remedied by Chiropractic adjustments without fear of any harm to mom or the child. Important also to keep in mind is the fact that early in the gestation process the mother begins to create the hormone relaxin.

This hormone, along with an increase in the production of estrogen, causes the tendons and ligaments in the woman's body to relax a bit, in preparation for delivery of the child. This actually makes the Chiropractic adjustment even easier. Almost like it was planned that way. *Hmmm!*

Schedule an appointment with your local chiropractor. He/she is well trained to help you have the most comfortable pregnancy possible. Some even have affordable programs to see you the whole way through! What a relief. Your child will thank you someday. ■

*Wishing Great Health for You
and Your Family from All of Us
Here at Able Chiropractic!*

—Dr. B



Dr. Rick Bittner is a graduate of Northwestern Health Science University and the owner of Able Chiropractic, located at 2407 W. Main Street, #102, in Bozeman. Call 406-548-8822 for an appointment—or just drop in! Visit: AbleChiro.com or email: theablechiro@gmail.com.