



Campbell Chiropractic Newsletter - February 2012

7-60 Colchester Square, Kanata, Ontario K2K 2Z9

Phone: 613-592-8656 • Email: info@campbellchiropractic.ca • Web: www.campbellchiropractic.ca

Welcome to our Health Centre

Aline	Sara	Carter
Glenn	Jessica	Adam
Jane	Dylan	Brad

Thank You to the following for referring to our Health Centre

Rollande	Julie	Erin
Ryan		

Your referral is the greatest compliment we can receive!

Chiropractic and the Physical Stress of Pregnancy

Pregnancy causes many changes in a woman's body. Unfortunately, these changes can contribute to pain in the upper back, lower back and pelvis. Research estimates the prevalence of these aches and pains in pregnant women to somewhere between 50-75% with up to 75% of women with back pain reporting never having pain before pregnancy. This pain can affect the quality of sleep as well as participation in daily activities. Furthermore, a number of women may go on to develop chronic pain for many years after pregnancy.

During pregnancy, most women experience a number of neuromuscular and biomechanical problems which respond favorably to gentle, safe, non-invasive chiropractic treatment. The release of the hormone relaxin during pregnancy causes muscle and ligament tissue relaxation. This will allow the joints to misalign more easily. Weight can cause an increase demand and fatigue on spinal and pelvic musculature as well as an increase stress on spinal and pelvic ligament tissues. Given the relaxed state of these tissues acted upon by the hormone relaxin, the situation can cause an increase in lumbar and thoracic spinal curvatures as well as joint stress to the vertebral and sacro-iliac joints. Furthermore, the change in weight distribution during pregnancy can also, increase demand and fatigue on spinal and pelvic muscles as well

as their ligaments. Increases in lumbar and thoracic curvatures as a result of these stresses can further increase joint stress and thus cause vertebral and sacro-iliac misalignments. Alterations of the normal spinal curvatures and spinal biomechanics can result in an increase in stress on the body leading to a tremendous amount of pain and discomfort.

According to research on the treatment of pregnancy related back and pelvic pain many mothers to be, prefer a natural non-pharmaceutical approach to treatment because of the fears of possible serious side effects. Most of the usual physical therapies (ultrasounds, electrical stimulation, etc...) may be contraindicated due to the potential harm due to the developing fetus. This is where chiropractic treatment can be beneficial.

Chiropractic care to the pregnant woman can include joint mobilization; massage, therapeutic exercise, education on ergonomics, posture and body mechanic to help adjust to the pregnancy related changes in the body. Recommendations can be made with regards to self management, lifestyle and nutrition. However, the treatment for which chiropractors are best known for is the chiropractic adjustment otherwise known as manual manipulation, which is a therapy directed at restoring function to the joints.

A scientific review of manual manipulation published in 2009 concluded that there is evidence that chiropractic adjustments/manual manipulation of joints is safe and effective treatment of pregnancy related low back and pelvic pain.

Chiropractic treatment can alleviate symptoms arising from muscular ligament and biomechanical joint stresses encountered during pregnancy. This can be

accomplished through a number of specialized procedures and techniques:

1. Gentle Spinal Adjustment Procedures

Specifically designed for the use in pregnant females, can:

- Help maintain the spine free from spinal misalignments and fixations (subluxations) optimizing spinal mechanics.
- Keep the pelvis and spine in correct position/posture.
- Assist in pain relief by reducing pain levels and reducing spinal and pelvic stress which produce soft tissue pain.
- Keep tissues and biomechanics functioning optimally to optimize any complications during the birthing process.

2. Therapeutic Exercises and Stretches (Specifically for use during pregnancy)

- Keep spinal musculature strong balanced and pain free.
- Enable spinal muscles to maintain the spine and body in a correct posture.

3. Soft Tissue Therapy (Massage, Trigger Point Therapy, Soft Tissue Mobilization)

- Keep muscles relaxed and flexible.
- Reduce flare-ups of muscle aches and pains.
- Reduce spinal stress.

4. General Pregnancy Information

- Answer mother's questions.
- Improve mother's health.
- Optimize birthing process.
- Provide peace of mind.

During pregnancy the majority of women experience some sort of pain in the lower back and upper back regions. You don't need to go untreated. If you are in pain

during your pregnancy consult your chiropractor to see if they can help you.

- Dr. Sheldon Campbell B.Sc., D.C.

References

1. Skaggs C, Nelson M, Prather H, Gross G. Documentation and classification of musculoskeletal pain in pregnancy. J Chiro Educ 2004; 18:83-4.
2. Kristiansson P, Svardsudd K, von Schoultz B. Back pain during pregnancy: a prospective study. Spine 1996; 21 (6): 702-9.
3. Mens JMA, Vleeming A, Stoecart R, et al. Undersnading peripartum pelvic pain: mplications of a patient survey. Spine 1996: 21: 1363-70.
4. Wang SM, Dezinno P, Maranets I, Berman MR, Caldwell-Andrews AA, Kain ZN. Low back pain during pregnancy: Prevalance, risk factors, and outcomes. Ostet Gynecol 2004; 104: 65-70.
5. Borg-Stein J, Dugan SA, Gruber J. Musculoskeletal aspects of pregnancy. Am J Phys Med Rehabil 2005: 84: 180-92.
6. Stuge B, Hilde G, Vollestad N. Physical therapy for pregnancy related low back and pelvic pain: A systematic review. Acta Obstet Gynecol Scand 2003; 82: 983-90.
7. Khorsan R, Hawk C, Lisi AJ, Kizhakkeveettill A. Manipulative therapy for pregnancy and related conditions: a systematic review. Obstet Gynecol Surv. 2009 Jun; 64(6): 416-27.

Quote of the Month

A sense of humor is the oil of life's engine. Without it, the machinery creaks and groans, No lot it so hard, no aspect of things so grim, but it relaxes before a hearty laugh.

-G.S. Merriam

