

## What are the benefits of having chiropractic care during pregnancy?

Not only has chiropractic care been shown to be safe for both mother and child, but there are many benefits of receiving chiropractic care before, during and after pregnancy.

There is no other time in a women's life that the physiological and emotional changes are as great as they are in pregnancy. These changes are designed to create the best environment for the growing baby.

Unfortunately, as mommy grows, some of the comforts given to the baby can compromise the spinal and nervous system of the mom. Regular chiropractic check-ups, along with proper nutrition and exercise, can help women to get well, stay well and be their best throughout pregnancy and delivery. One study by Dr. Per Freitag MD (well-known orthopedic researcher) showed that the need for pain medication during delivery was reduced by half in pregnant patients who received chiropractic care. Another study showed by the AMA (American Medical Association) showed that chiropractic allowed women to carry and delivery their babies with more comfort.

My favorite study was done by Dr. Joan Fallon in which she showed that first time moms receiving chiropractic care had 24% shorter labor and delivery times. Women delivering for the 2<sup>nd</sup> or 3<sup>rd</sup> (or more) time were 39% shorter labor and delivery times!

In short, chiropractic adjustments help women stay active through pregnancy, have a more comfortable delivery, reduce need for pain medications in delivery, decrease amount of time spent in labor and can be continued safely until the day of delivery.

If you would like more information about pregnancy chiropractic care, please visit one of the following websites and choose a doctor with the highest level of specialization – a DACCP or a DICCP. [www.YostFamilyChiropractic.com](http://www.YostFamilyChiropractic.com) or [www.icpa4kids.org](http://www.icpa4kids.org)

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