

Pregnancy and Chiropractic Care

Need a body adjustment? Getting your spine and joints realigned may help encourage the body's natural ability to heal.

What Chiropractic Care Is: The process of adjusting or realigning your spinal cord (and the muscles and stuff that surround it) to lessen pain and promote health throughout the body.

What It Does: During [pregnancy](#) your body produces hormones to relax your ligaments; without these, your baby's head would never be able to fit through your pelvis. But those hormones, combined with your gorgeously swollen belly, can leave you loose-limbed, sway-backed, and unusually clumsy, due to a rapidly lowering center of gravity (Look out below!). All of this can do quite a number on your spine.

Chiropractic care may be able to undo much of this damage and get your lower body in proper alignment for an easier birth. Some chiropractors also claim that chiropractic adjustments can reduce the likelihood of miscarriage, control morning sickness, and lower your risk of pre-term delivery. The chiropractor's ability to realign and, in many cases, relax the ligaments and muscles in your pelvis has led to what is now known as the Webster Technique, a method that helps breech babies to turn themselves, naturally.

What You Need to Know About Chiropractic Care During Pregnancy: Make sure that any chiropractor you choose has been trained to work with pregnant women. You should be placed on a special table made to keep pressure off your belly during treatments, and your chiropractor should avoid having you lay flat on your back, especially during your last trimester. Finally, as with any type of CAM treatment, make sure you clear it first with your ob-gyn, who may have a very specific reason you should avoid spinal realignment.