

# **PREGNANCY AND CHIROPRACTIC**

**By: Dr. John Berezny**

Chiropractic has proven to be very safe and effective for pregnant women. Pregnancy and all of its associated chemical, hormonal, and physical stresses produces additional stresses on a mother-to-be's body and spine, especially if pre-existing conditions or weaknesses were present already.

Maintaining a balanced spine and nervous system is essential for both mom and baby, allowing for an easier and healthier pregnancy and delivery. Chiropractic is a drugless, natural approach to aid in a healthier pregnancy and delivery and has been recognized, especially by midwives, as a way to relieve or avoid many of the common complications of pregnancy. The common complications of pregnancy that have been helped through chiropractic include, but are not limited to:

- morning sickness/nausea
- neck pain
- back pain
- leg pain/sciatica
- infertility
- an inability to maintain a full term pregnancy
- toxemia
- breech presentation correction
- shortness of breath
- fatigue
- sleeplessness
- headaches
- swelling and/or numbness of the hands and feet

A balanced spine and pelvis are not only beneficial to the mother's health and comfort, but are important for the health and development of the baby and for proper position of the baby in the uterus all allowing for an easier and safer delivery. The doctors at Berezny Chiropractic receive many referrals from area midwives to help pregnant women have a more enjoyable, comfortable and healthier pregnancy and delivery. Trained and certified in the Webster Breech Technique, a specialized spinal and pelvic adjusting technique that normalizes tension on the uterus, allowing a breech positioned baby to turn naturally before delivery, I bring a great deal of expertise to the adjusting table for my patients.

To learn more about chiropractic care for pregnancy, newborns, and children you can call our office to schedule a complimentary consultation. You can also learn more by visiting the website for the International Chiropractic Pediatric Association at [www.icpa4kids.org](http://www.icpa4kids.org).