



Chiropractic for pregnancy and after pregnancy

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First of all, congratulations on your pregnancy and your blessed baby. The purpose of my speech is to let you know the mechanism of musculoskeletal problems during pregnancy and after delivery, and how chiropractic can help you to maintain good condition in your body.

■ How can chiropractic help you and what can we do for keep good condition

Chiropractic can help you balance your body mainly through your spine. If your spine is balanced, nerve transmission will be improved. It enables your muscles and joints to work properly. It also has good effect on your autonomic nerve system and immune system. Especially during pregnancy, you cannot take many medications. We believe that we can support your natural healing power.

To improve your body habit and maintain good condition, we would discuss your lifestyle; the way you sit (sitting on soft chairs should be avoided), sleep, and walk etc.

On the next page, I will show some exercises which we recommend during pregnancy.

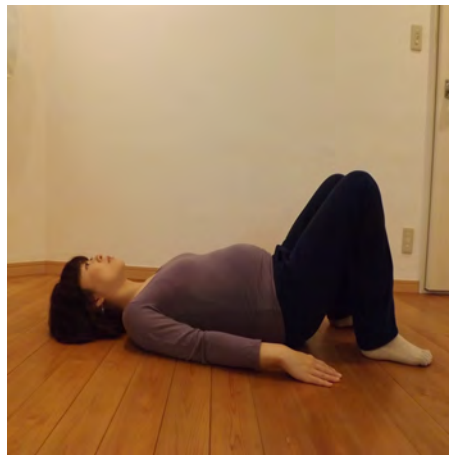
■ The mechanism of musculoskeletal problems during pregnancy and after the delivery

As your baby grows, your body will change. During pregnancy, the mother's body produces relaxin hormones. With that hormones, the body becomes more flexible than before the pregnancy. If you have misalignment on your spine and accumulated tightness or stiffness on muscles and joints, or if you do not have enough flexibility, strength and stability of muscles, it can cause not only unbalance on your body but also musculoskeletal problems. That is why we emphasize to change and think about your lifestyle. If we can make good use of this beautiful period, our body can be healthier.

After the delivery, your body will be fragile. Your body is still producing relaxin hormones until about 2 months after the delivery. In that period, I recommend not to work hard for 1 month. If you do good exercises and try to be in good balance before the delivery, you can prevent musculoskeletal problems even after the delivery. After the delivery, mothers tend to experience unbalance of their pelvis and lower back, pubic pain, and back pain (especially between shoulder blades area). If you have these problems after 1 month from the delivery, they mostly come from overload of your muscles and misalignment on your spine. Whether you have severe symptom or not, you can benefit from taking chiropractic treatment. As your body is still flexible by relaxin hormones, we can regain good alignment of the spine and body balance as a whole. We believe it can enhance your health and prevent further problems in future.

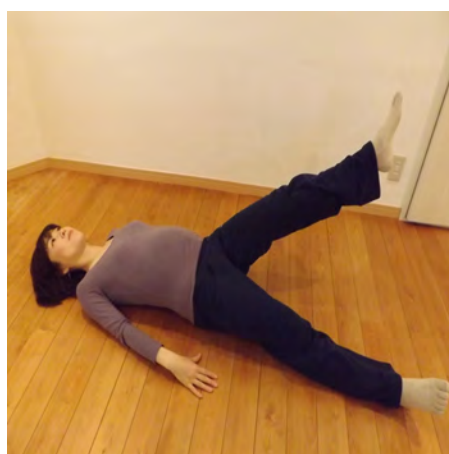
If you have any questions, please feel free to call Suto Healing Center.

The exercises during the pregnancy



Bridge exercise

Lie on your back with knee bent, heels next to buttocks, and put your hands on the floor next to your sides, palm facing down. Slowly lift up your pelvis and thoracic, then slowly lower down from your midback.



Alternate leg raise exercise

Lie on your back and put your hands on the floor next to your sides, palm facing down. Slowly lift up your leg, then slowly lower down .



Iliopsoas Stretching

Place your left side of your foot on a hard chair or stair. Put your right hand on the right side of your waist and look up. As you breathe out, push your body forward with your right hand, bending your upper body backwards. As you breathe in, bring your body back.

We also recommend walking and deep breathing.

It is good for you to walk for 1 hour everyday. If you walk 3 hours in a day, it will be enough. About deep breathing, at first breathe out the air through your mouth with squeezing your belly. Please breathe out the air as slow as you can. Then, breathe in the air through your nose with expanding your belly. Please try to do this breathing for 10 minutes.