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CHIROPRACTIC

DURING PREGNANCY



TENNESSEE
INTEGRATIVE
HEALTH





"Chiropractic is a health care profession that focuses on disorders of the musculoskeletal system and the nervous system, and the effects of these disorders on general health. Chiropractic services are used most often to treat neuromusculoskeletal complaints"

American Chiropractic Association

We perform spinal manipulation (sometimes referred to as a "chiropractic adjustment"). The purpose of spinal manipulation is to restore joint mobility by manually applying a controlled force into joints that have become hypomobile – or restricted in their movement – as a result of a **tissue injury**.

WHAT WE DO



SINGLE TRAUMATIC EVENT

IMPROPER LIFTING OF HEAVY
OBJECT
EXERCISE INJURY

REPETITIVE STRESSES

POOR SPINAL POSTURE
CARRYING CHILD ONE HIP
BREASTFEEDING
IMPROPER WORKSTATION
ERGONOMICS



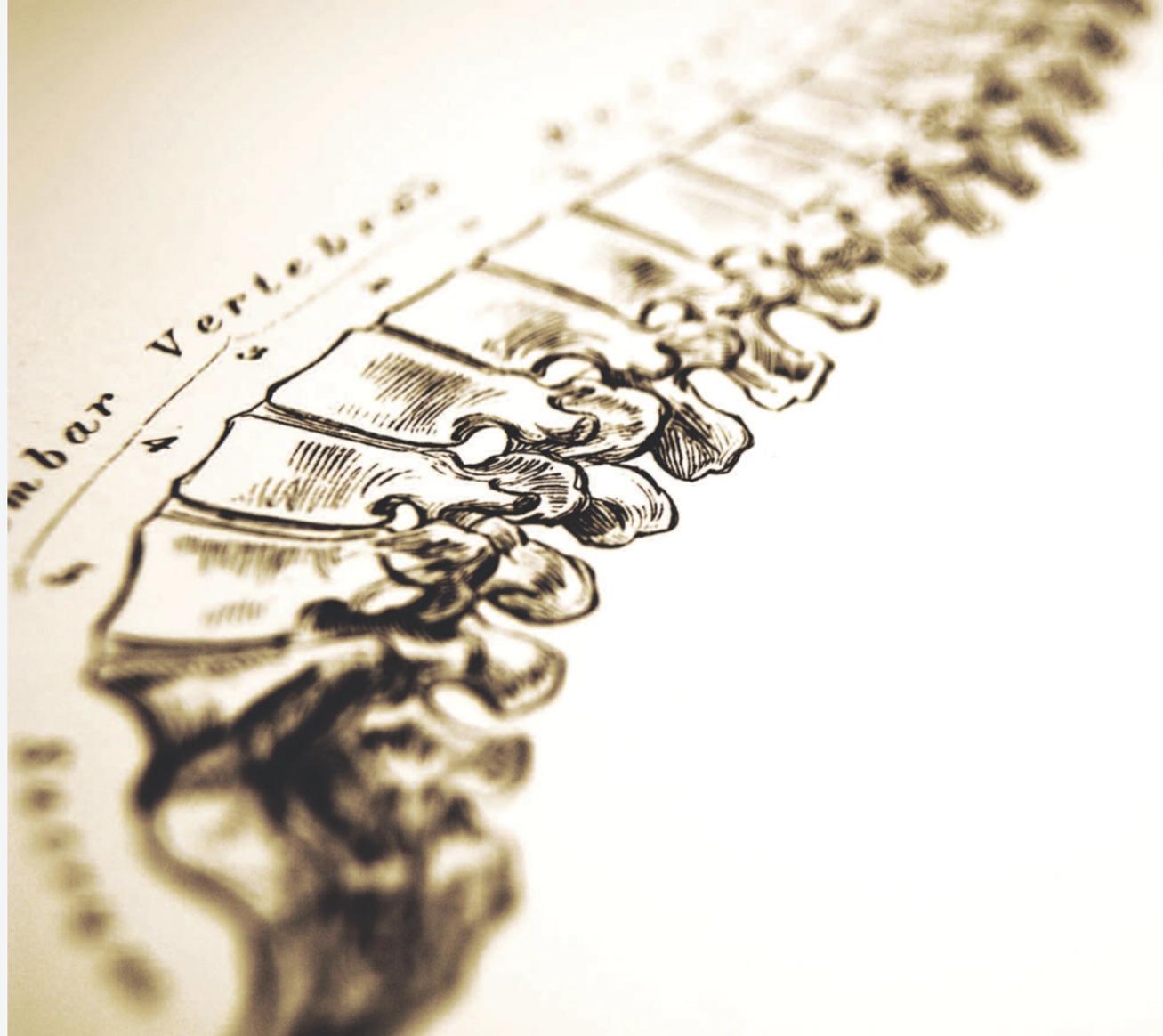
TISSUE TOLERANCE

INCREASED BY:

JOINT MOBILITY
STRUCTURAL BALANCING
PROPER BIOMECHANICS

LOWERED BY:

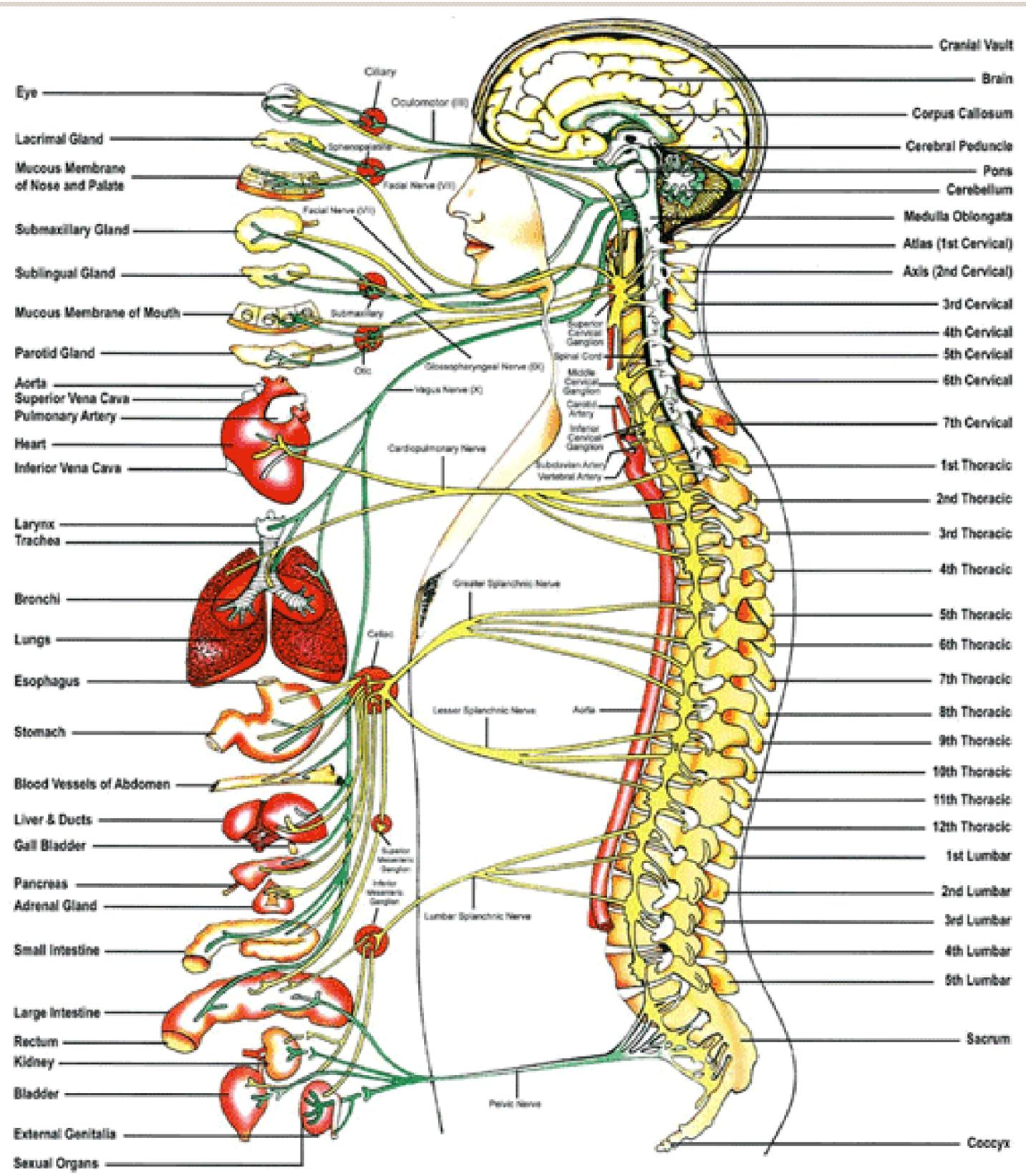
JOINT FIXATIONS
PREVIOUS INJURY
POOR CONDITIONING
AGING
STRUCTURAL IMBALANCES
POOR NUTRITION
STRESS
SLEEP PATTERNS



MANIPULATION

In either case, injured tissues undergo physical and chemical changes that cause inflammation, pain, and diminished function for an individual.

Manipulation, or adjustment of the affected joint and tissues, restores mobility, thereby alleviating pain and muscle tightness, allowing tissues to heal. In addition, anything that the nerve at the spinal level innervates e.g. cell, organ & tissue is improved in function.



AUTONOMIC NERVOUS SYSTEM
 Sympathetic -- Yellow Parasympathetic -- Green
 For simplicity, this chart does not reflect all paths of nerve transmission. Ask your chiropractor if you have any questions.



Chiropractic care is a safe and effective way to achieve proper biomechanics leading to a more pleasant birthing experience. Chiropractors are trained to take care of such problems in a safe and effective way, without the use of drugs or surgery.

Dr. Irvin Henderson MD: “Women who received chiropractic adjustments in their third trimester were able to carry and deliver their child with much more comfort.”

In a hospital study that incorporated chiropractic adjustments during the pregnancy, there was a 50% decrease in the need for painkillers during delivery.

Dr. Joan Fallon’s study shows Chiropractic care to significantly reduce labour time for women who had care throughout their pregnancy.





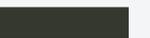
<https://www.youtube.com/watch?v=AKc5LyijLDU>

Williams Obstetrics Tells Us That There are Three Reasons for Dystocia: Abnormal Labor & Fetopelvic Distortion

POWER

PASSAGE

PASSENGER



The uterus is a hollow muscular organ

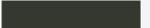
Every muscle is controlled by nerves.

The uterus is specifically innervated by the inferior hypogastric plexus as well as parasympathetic and sympathetic fibers from the pelvic splanchnic nerves

An interference in the nervous system (aka **spinal misalignment**) can cause insufficiently strong or inappropriately coordinated contractions, often stopping cervical dilation and stalling labor.

This is also why fear and emotional stress, creating sympathetic override, can affect birth!

The POWER of the uterus is related to the function of the Nervous System and the purpose of the chiropractic adjustment is to reduce interference and optimize nervous system function!



**LET'S TALK
ABOUT THE
UTERUS:
THE POWER**



For the baby to descend through the birth canal (passage), the balance of the mother's pelvis is vitally important.

With chiropractic care, the muscles & ligaments of the pelvis and uterus are free to move & function for the benefit to mother & baby.

The result is greater ease & comfort in pregnancy & birth

**NOW, TO THE
PELVIS:
THE PASSAGE**



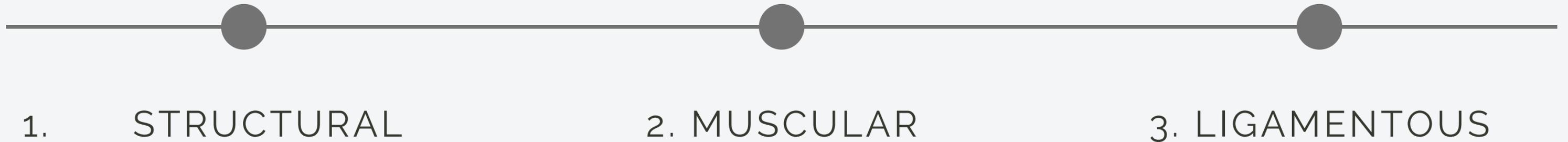
The baby (passenger) wants to get into the best possible position to descend through the birth canal.

The movements inherent to the birthing baby will be positively facilitated when the mother's nervous system is optimally functioning & her pelvis is balanced.

Birth is a cooperative endeavor, where the mom & baby play vitally connected roles.

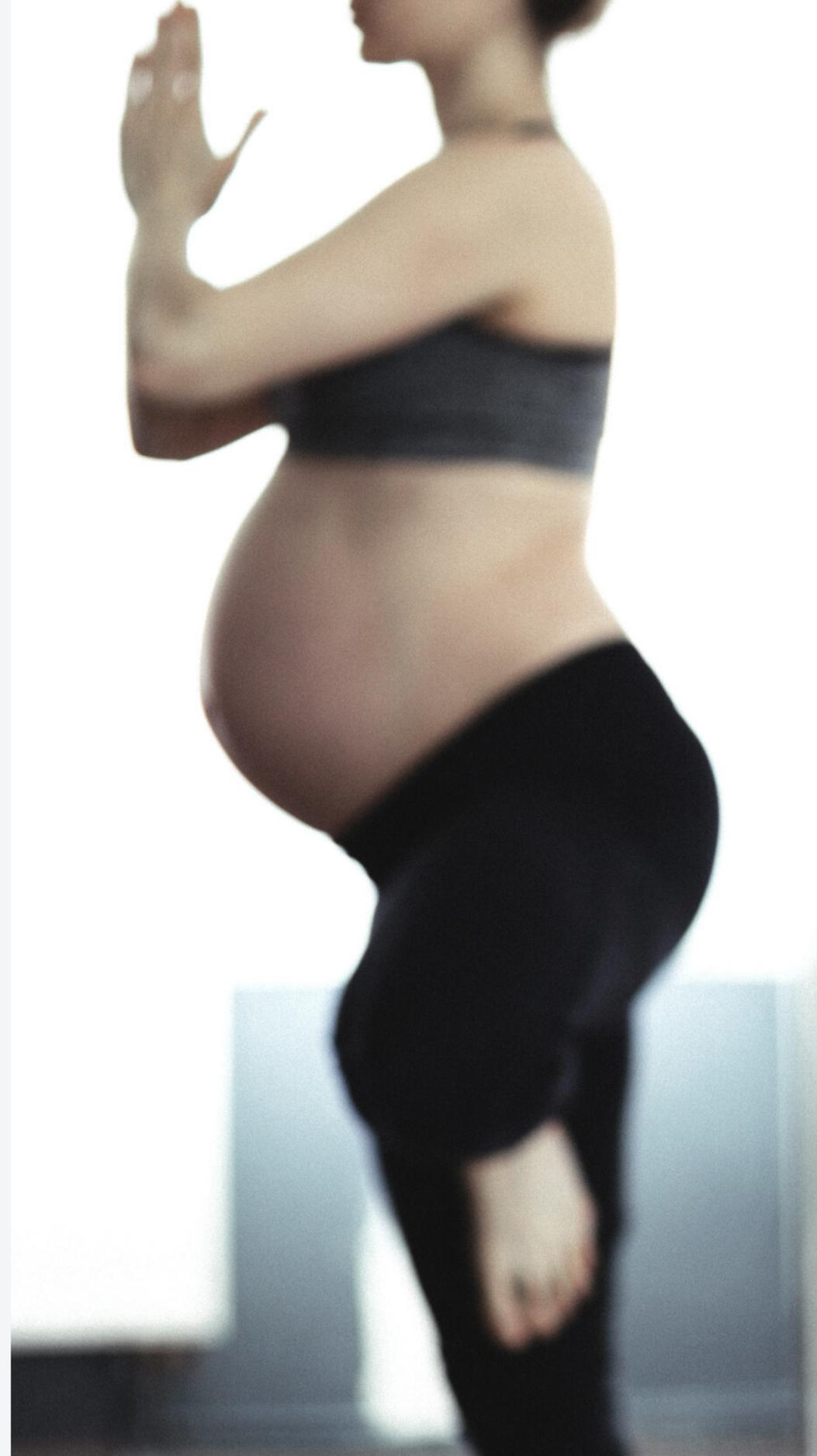
LET'S TALK ABOUT BABY: THE PASSENGER

CHANGES DURING PREGNANCY

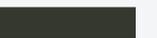


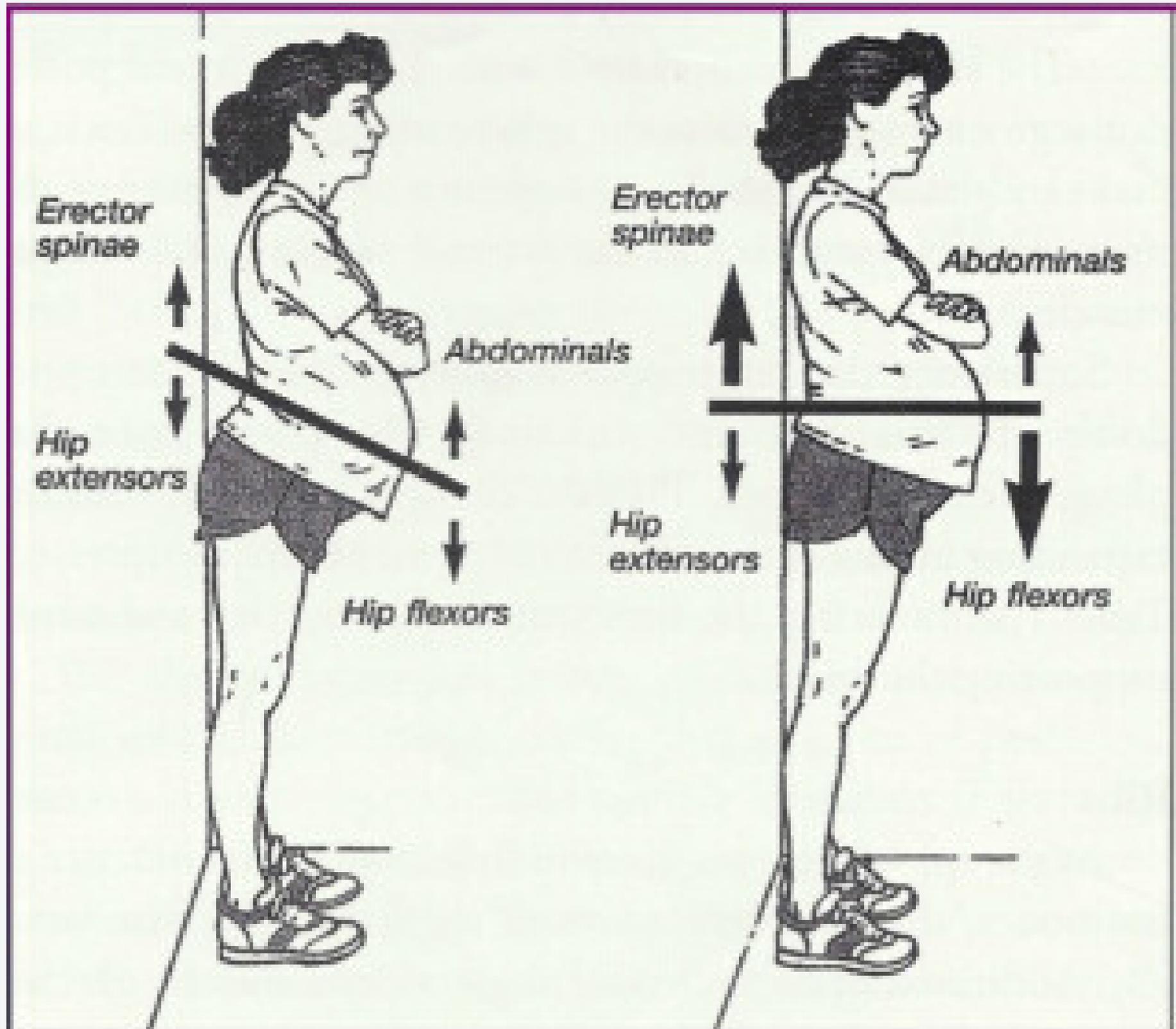
40%

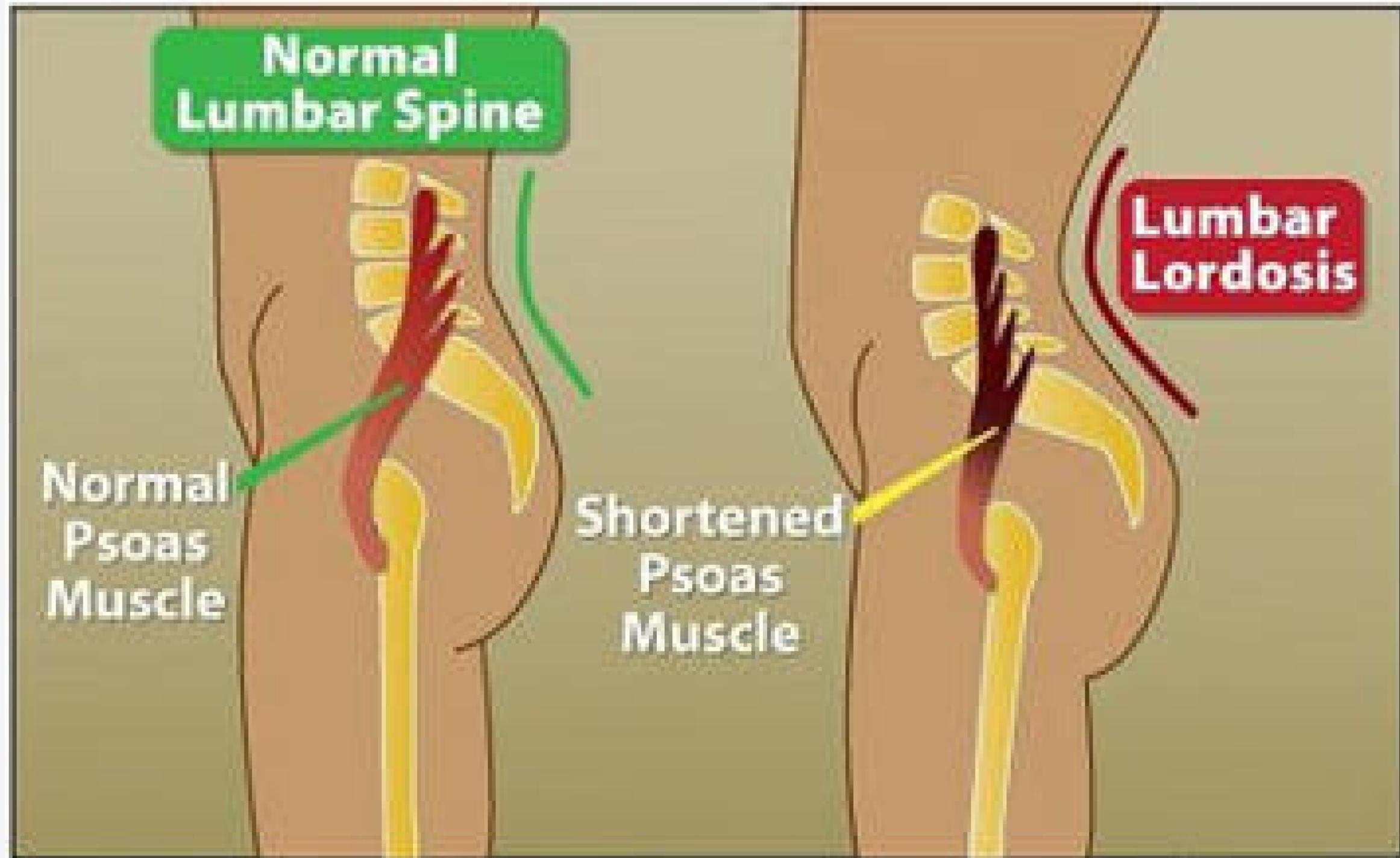
Center of gravity moves anteriorly until fetus reaches 40% of weight (avg 31 weeks), from then on increased lordotic adjustment enables control center of gravity with greater biomechanical costs



CENTER OF GRAVITY







Erector spinae:

Spinalis

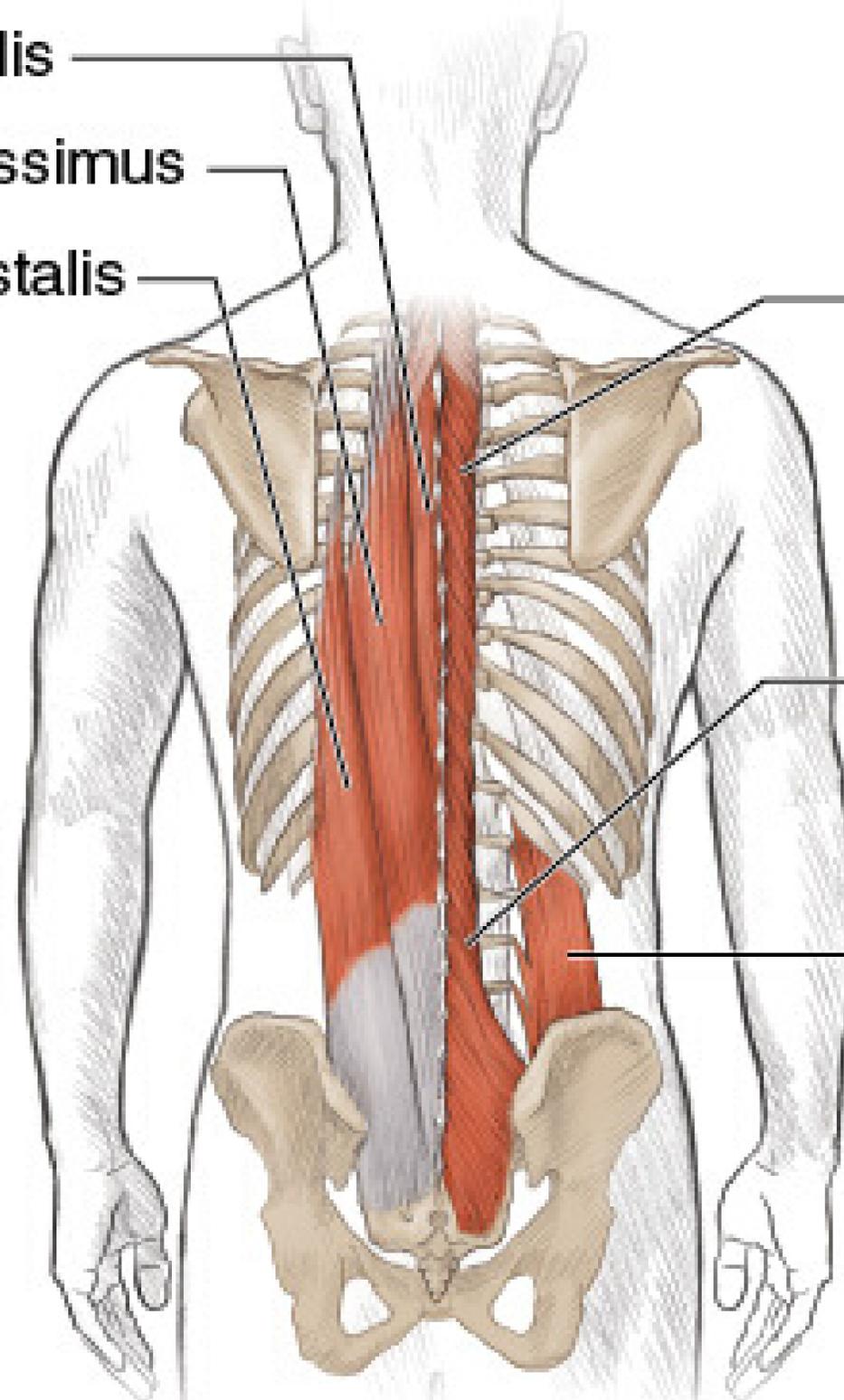
Longissimus

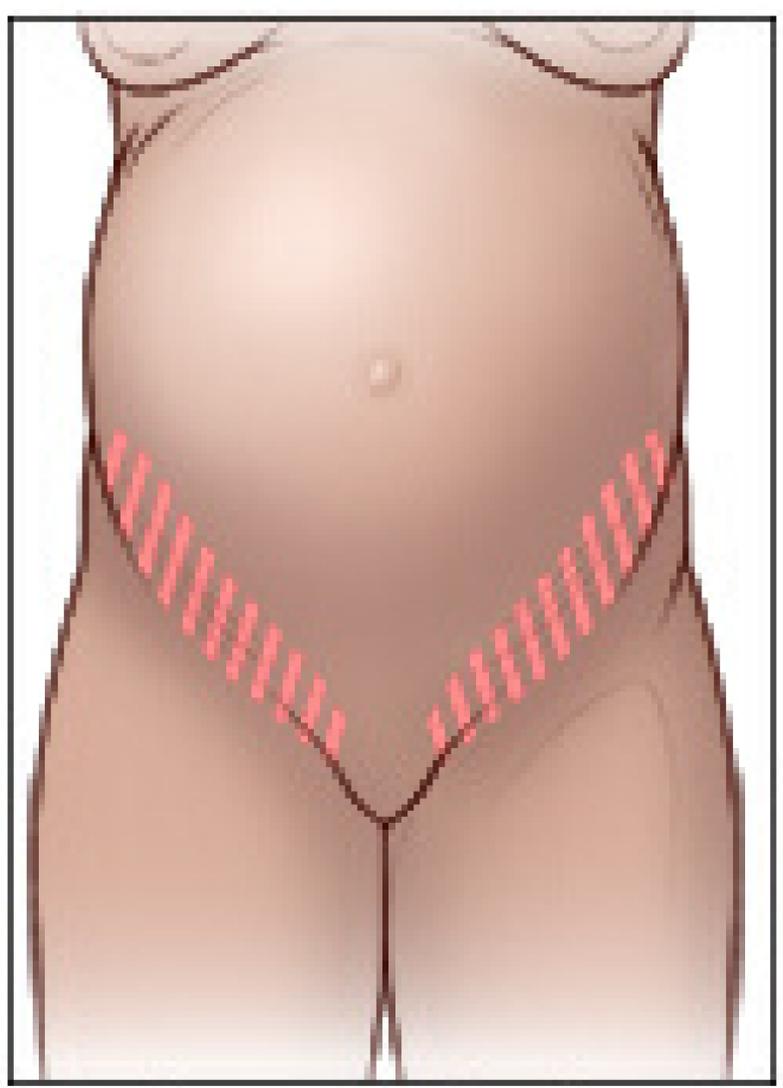
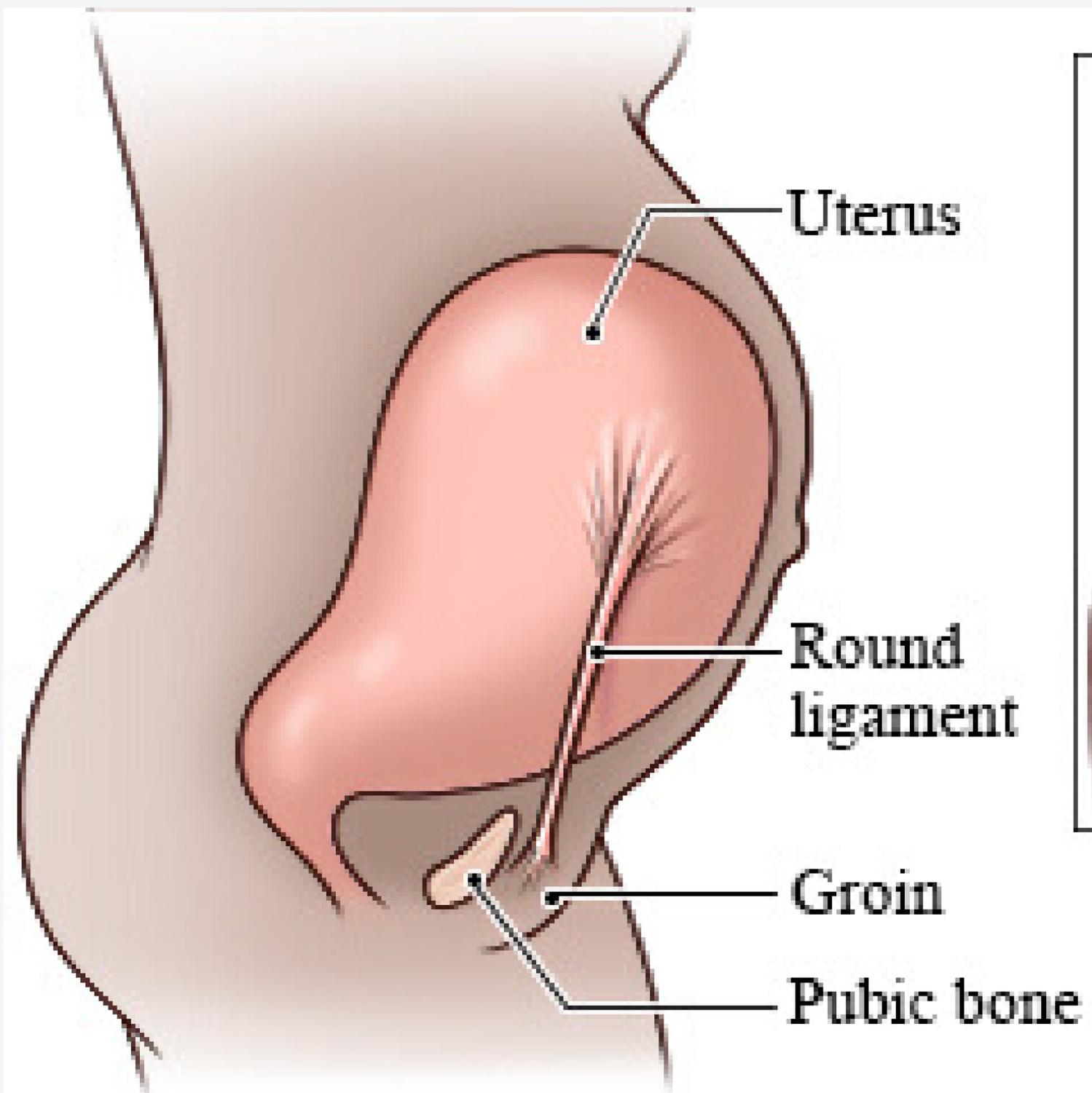
Iliocostalis

Semispinalis

Multifidus

Quadratus
lumborum



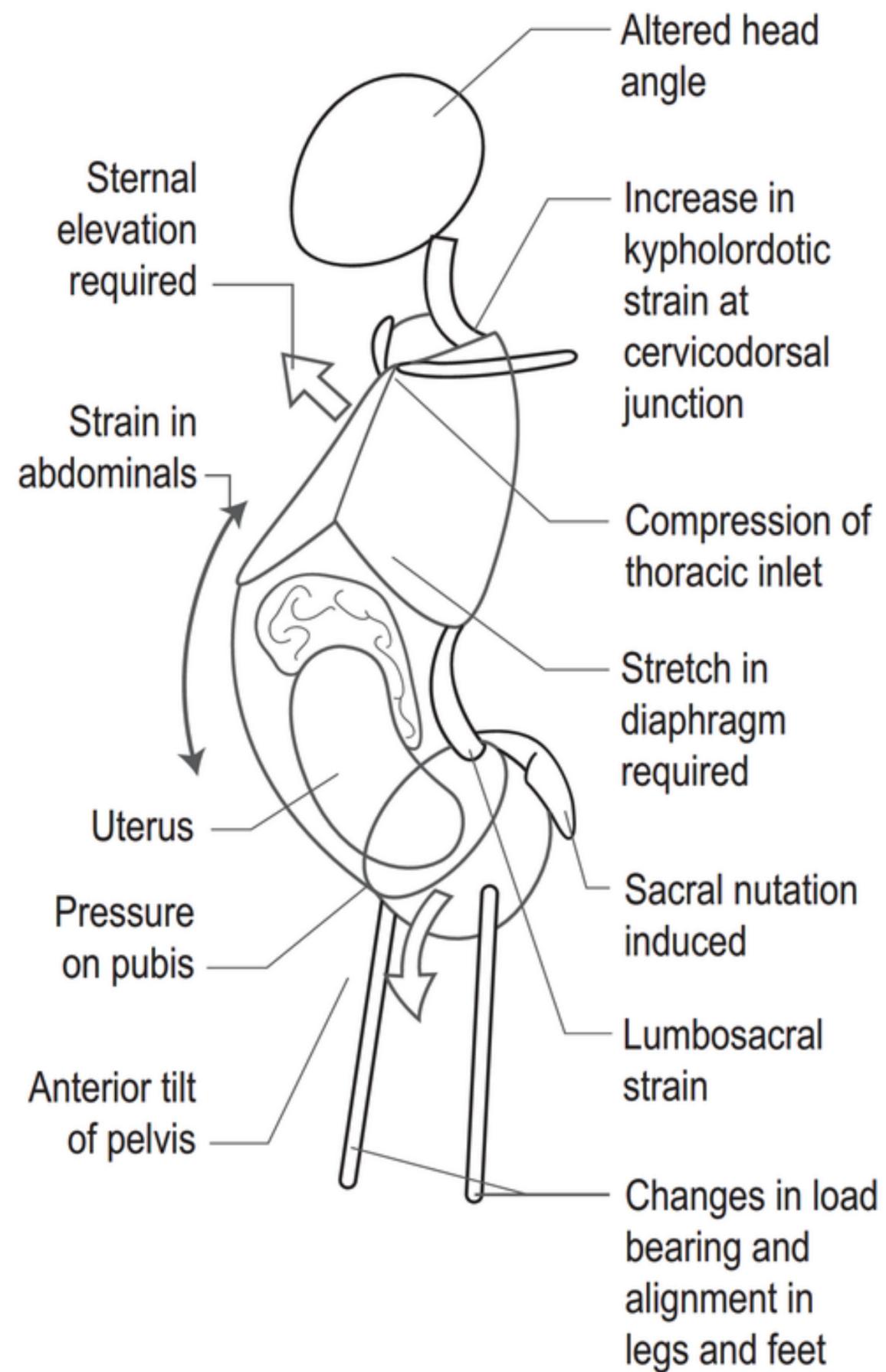
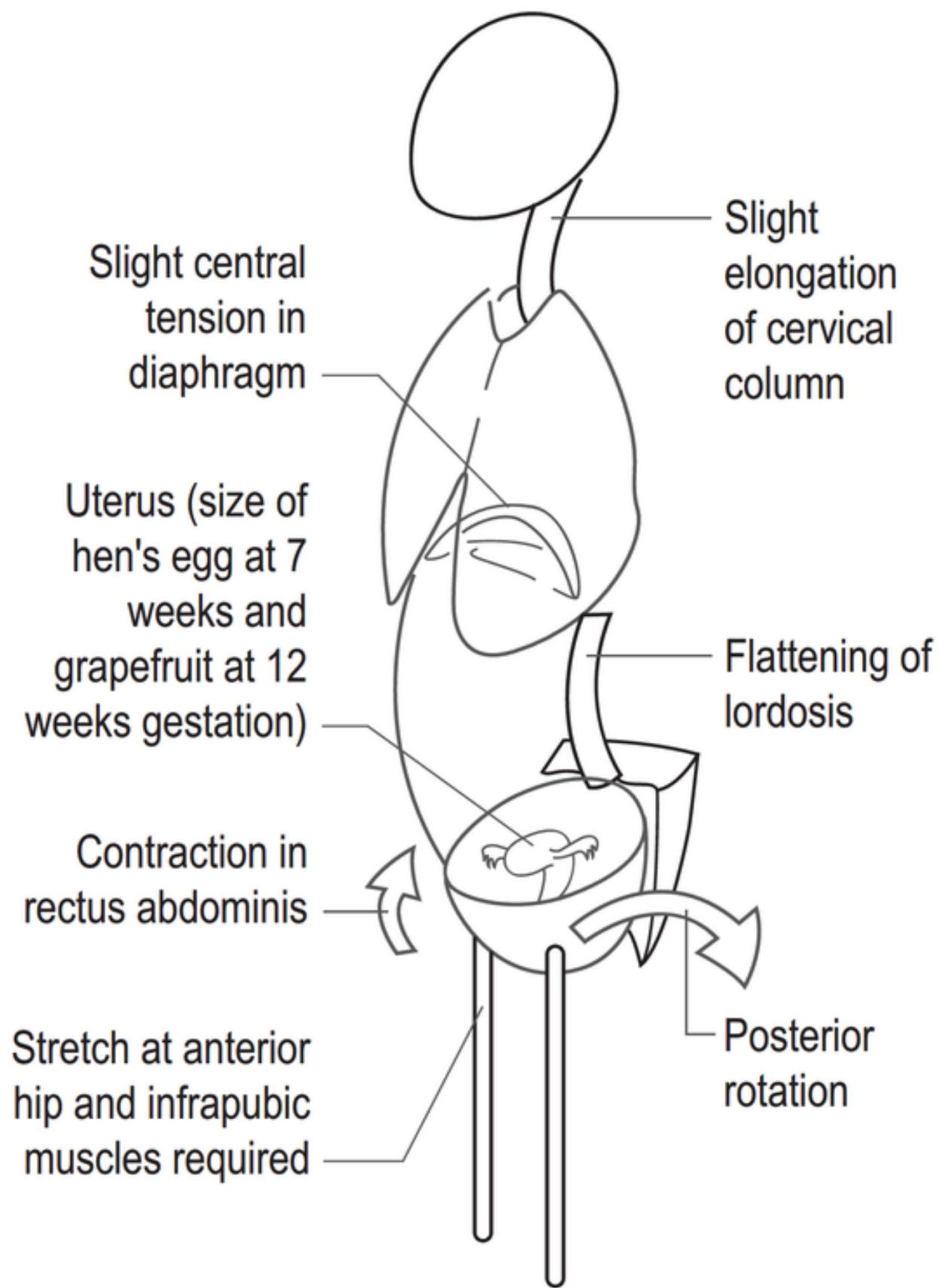


Early Pregnancy



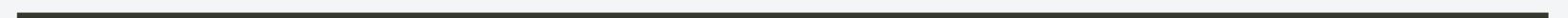
Late pregnancy





Hormonal Shifts During Pregnancy

- HCG
- Relaxin
- Progesterone
- Estrogen
- Relaxin
- Oxytocin
- Prolactin



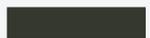
Relaxin

Function is to relax things. One of those things is the musculoskeletal system, allowing things to shift out of alignment more easily.

Softens & lengthens the cervix & pubic symphysis

High again 2 days after birth & present in ligaments up to 5 months after birth

A highly significant increase in laxity was found in women having their second baby over those having their first (0.01 greater than p greater than 0.001), though no further increase in laxity occurred in subsequent pregnancies.

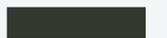


HCG

Human Chorionic Gonadotropin is the key hormone during pregnancy produced by placenta

Function is to tell woman's body that there's a life form growing in her womb and that her body needs to build a nest for it

Over The Counter Pregnancy Tests Detecting Levels



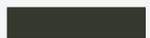
Progesterone

Increased 1st trimester then plateaus

Progesterone relaxes all smooth muscle (most important, the muscle wall of the uterus or "womb") in the body.

It also leads to relaxation of the blood vessels throughout the body, prompting lower than normal blood pressure and occasionally dizziness, as well as gastrointestinal symptoms like heartburn, reflux, belching, nausea, vomiting, gas, and constipation.

Prevents body from attacking foreign DNA of baby



Estrogen

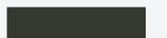
Increased 1st trimester then plateaus

Key role in the development of the fetus, and it triggers the growth of several organs and other bodily systems in the fetus.

Elevated estrogen levels, however, may prompt spider veins, nausea, increased appetite, and skin changes.

Enhances the mother's uterus, enabling it to respond to oxytocin

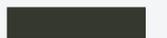
Enlarges milk ducts in preparation for baby's arrival



Oxytocin

False notion triggers labor, in truth, oxytocin levels don't rise as labor begins; the uterus simply becomes very sensitive and responsive to oxytocin as you progress towards the end of pregnancy.

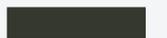
After delivery, when a woman holds her newborn, she develops what's called "baby lust," a chemical reaction that happens when a baby's pheromones stimulate the production of additional oxytocin



Prolactin

This milk-producing hormone has a tranquilizing effect. Prolactin prepares breast tissues for lactation and the release of milk.

Prolactin levels increase 10 to 20 times during pregnancy



COMMON PRENATAL COMPLAINTS

1. Forward tilting of the neck:

- Neck pain
- Numbness and tingling in hands and fingers
- Pain b/w shoulder blades
- Carpal Tunnel

2. Forward tilting of the pelvis:

- Sciatica
- Low back pain
- Leg pain
- Pubic pain

3. Hyperextension of the knees & flatening of the feet:

- Heel pain
- Foot pain

4. Backwards extension of the head:

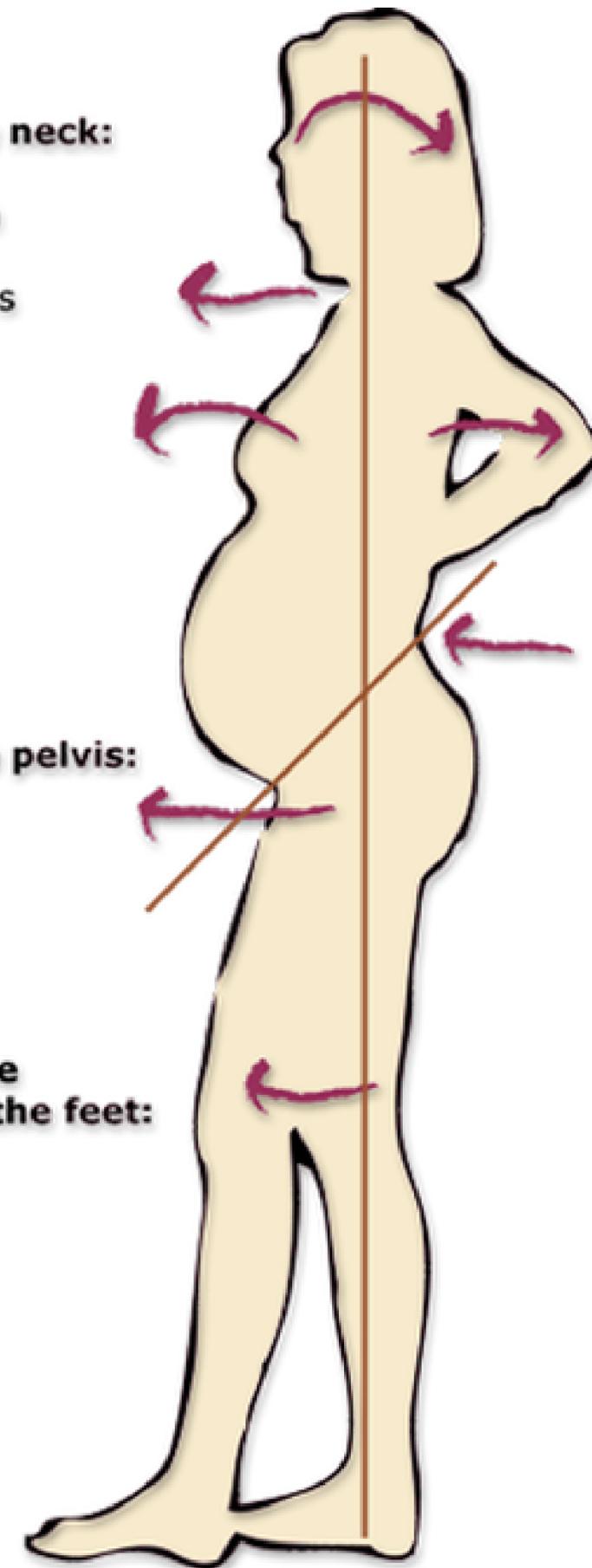
- Neck pain and stiffness
- Headaches

5. Hyperextension of the Upper Back:

- Rib Pain
- Difficulty Breathing

6. Accentuated low back curvature:

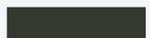
- Low back pain and strain



66%

WOMEN TAKE TYLENOL DURING PREGNANCY

NEW STUDY INDICATES: ODDS OF ADHD & AUTISM WERE MORE THAN TWICE AS HIGH IN CHILDREN EXPOSED TO ACETAMINOPHEN NEAR THE TIME OF BIRTH.





*Author of study
stated she was not
aware of any safe
alternative drugs
for pain or fever
relief in pregnancy*

In rats, acetaminophen during pregnancy appeared to affect brain cells and certain hormone levels, which could disrupt brain development, according to background information in the study.

There were almost 1,000 children in this new study. Their average age was 10 and slightly more than half were boys. Nearly 26% of the children had ADHD only. Close to 7% had autism, while 4% had both ADHD and autism. Just over 30% had another developmental disability. Almost 33% had no developmental concerns.



Webster Technique focuses on eliminating intrauterine constraint to enable the fetus to turn on its own to the normal head down position by focusing on the spinal and pelvic alignment of the mother.

In 2015 a study published by the Journal of Manipulative and Physiological Therapeutics determined that chiropractors that perform the Webster Technique have an 82 percent success rate with turning a breech baby.

Webster Technique

PRENATAL HANDOUT



IDEAL COURSE PRENATAL CARE

SYMPTOMATIC CARE 2-3/WK TILL
RESOLVED
THEN SPACE OUT TO WELLNESS CARE



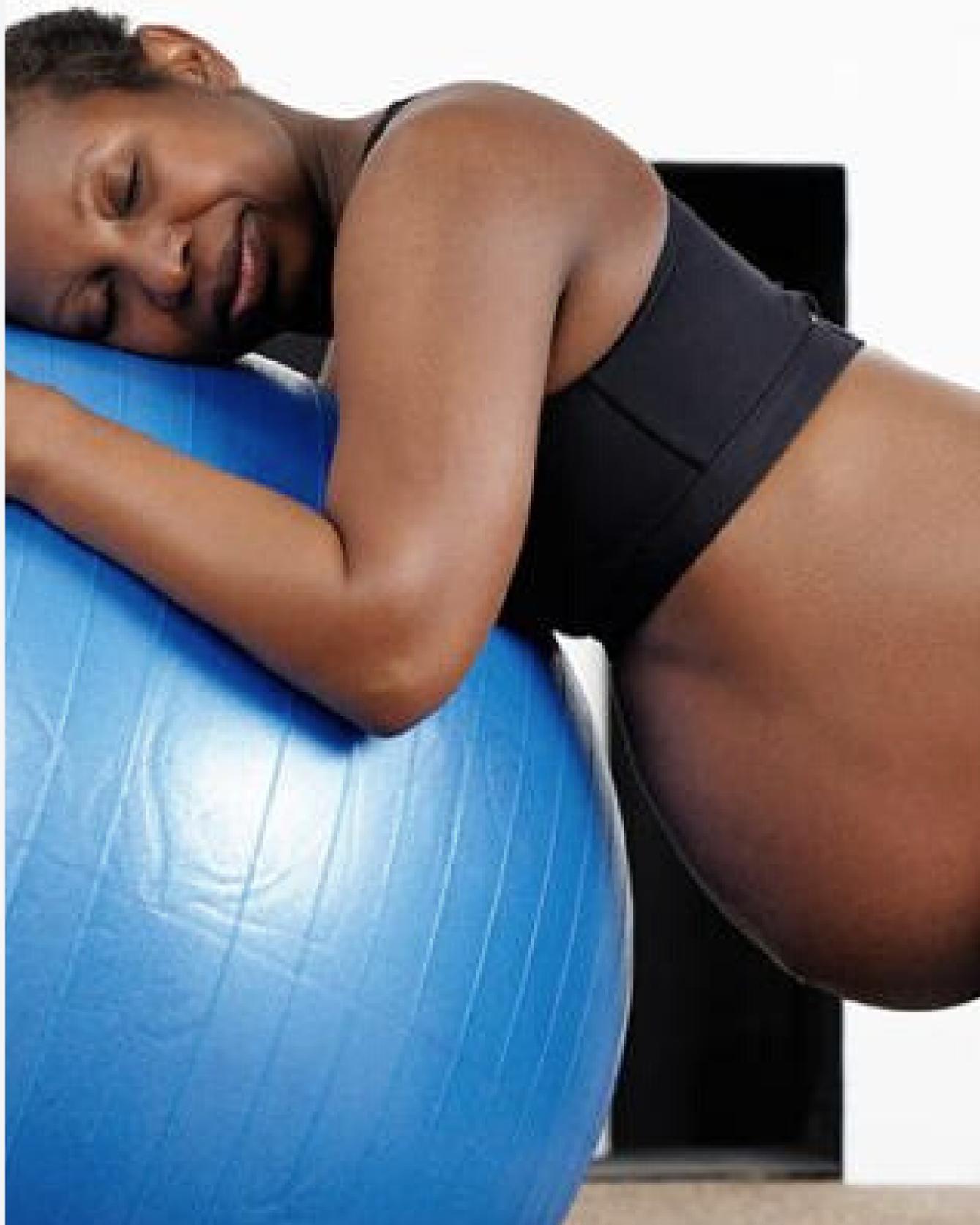


25%

First-time moms who got regular chiropractic care throughout their pregnancy had 25 percent shorter labor on average

33%

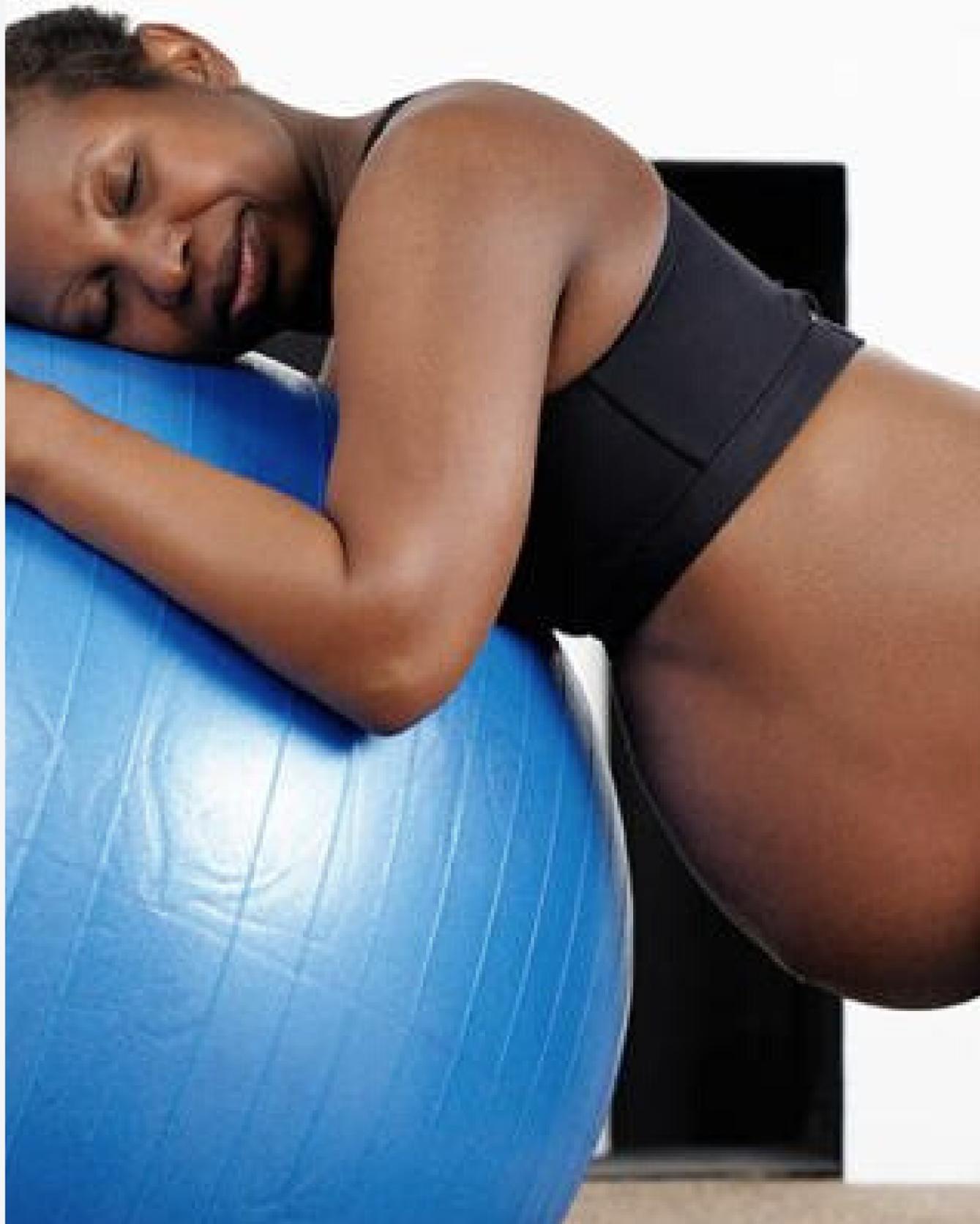
Reduction in labor time in
mothers >1 child



CHIROPRACTIC CARE

50%

Decreased need pain medication
during labor



CHIROPRACTIC CARE



DYSTOCIA: ABNORMAL LABOR & FETOPELVIC DISTORTION

An alarming number of C-sections are performed every year for what medical professionals call failure to progress. It can also mean that labor has truly stalled for some reason. Proper alignment of the pelvis has an incredible amount of influence over the baby making it through without stalling along the way.

**MOST COMMON INDICATION
FOR PRIMARY C-SECTION
41.3% 1ST TIME MOMS
35% OVERALL**



FETOPELVIC DISTORTION

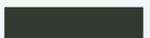
True Cephalopelvic
Disproportion due to

- Malposition of fetal head
or >fetal head diameters
- Ineffective Uterine
Contractions

**TRUE CPD UNCERTAIN DIAGNOSIS
BECAUSE >2/3 WOMEN DX & GIVEN
C-SECTIONS DELIVER EVEN
LARGER INFANTS VAGINALLY
THEREAFTER**

Misalignments and dislocations in the pelvis can lead to a slower plunge of the fetus. Back pain also reduces the range of motion in a mother, which makes it difficult to have an upright posture. This reduces the efficiency of labor, making it more painful and time consuming.

Regular chiropractic care throughout pregnancy properly balances and opens the pelvis. This allows more room for the innate child to move into a proper position for easy labor.





Pregnant Women Deserve Chiropractic Care!

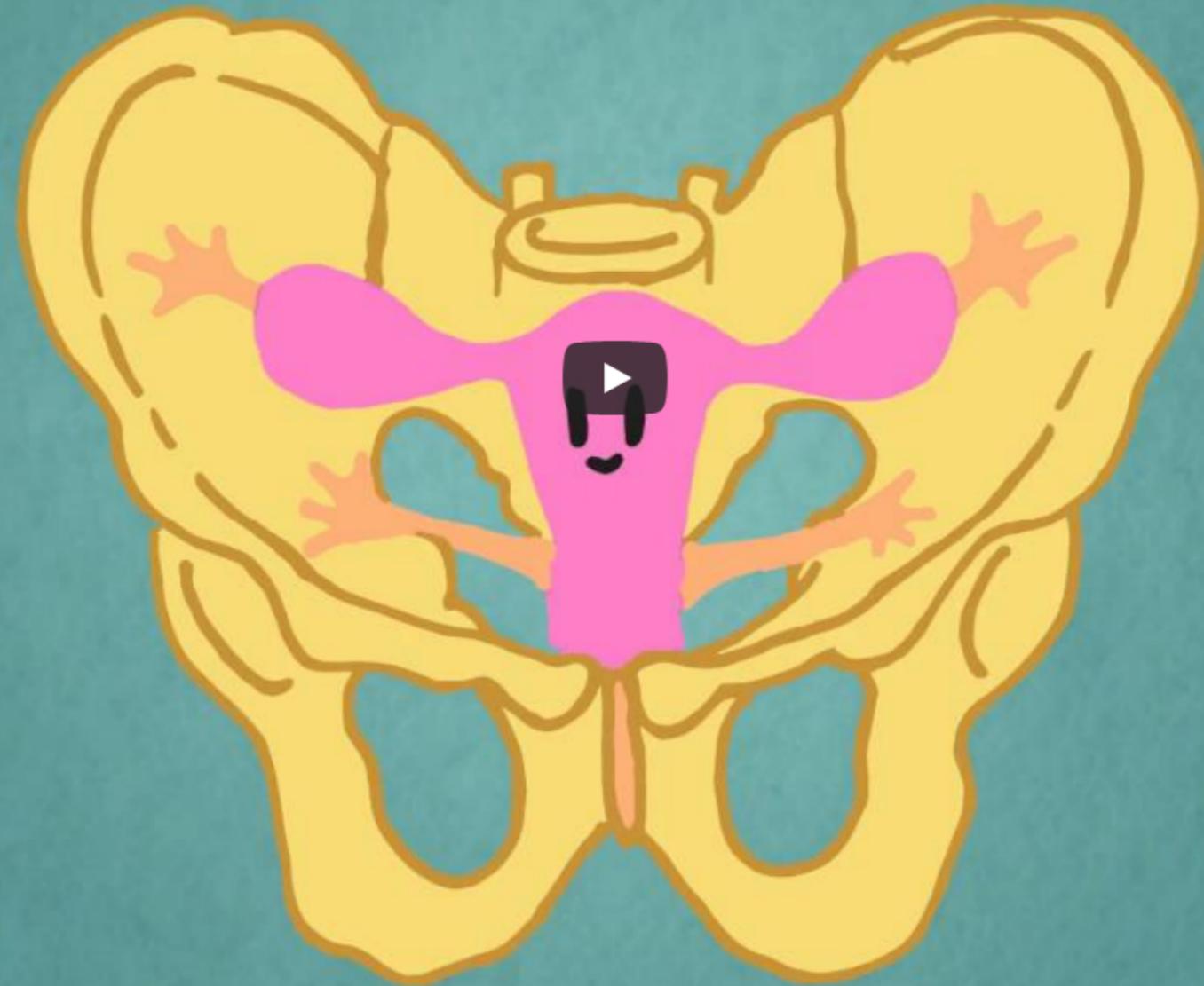


Watch later



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THE FEMALE PELVIS



GoAnimate

<https://m.youtube.com/watch?v=6T-KwaT9MpY>

research

COMING YOUR WAY

questions
& answers

nutrition

yoga
stretches