

Osteopathy and Pregnancy

Pregnancy is a special time for women and their partners. It is a time when your focus in life shifts to the care and nurturing of a developing human being. If you are planning on a child, consider having your body assessed by an Osteopath as they can help prepare your body for this time. If you are already pregnant and uncomfortable, Osteopathy is a gentle treatment that may ease your pain and improve your health.

Some mothers experience pregnancy as a blissful time where their skin glows and they are feeling happier and healthier. Many mothers however find pregnancy can be fraught with pain, discomforts and varied complications. This often relates to existing back problems or strains from past accidents or traumas. As the pregnancy develops, it may be more difficult for the mother to accommodate to the changes resulting in increasing discomfort and pain.

Pregnancy is a time when you want your body to function at an optimum level so that you are comfortable, your baby is healthy and your delivery is as uncomplicated as possible. This is where your Osteopath can help.

How Osteopathy can help

During pregnancy it is important that you can move freely. To move freely the joints in your body need to have their full range of motion and your tissues need appropriate fluid flow. This means that oxygen rich blood can nourish your cells and that of your baby, that veins can drain used blood back to the heart and your lymphatic vessels can absorb fluids containing waste products and ensure normal immune responses to bugs in your body. It is important that you can breathe properly, that your body can accommodate the change in posture that occurs as your baby develops and that your pelvis and spine are in their optimal functioning state. Gentle hands-on Osteopathic procedures aim to maximise your joint function, remove any obstruction to normal fluid flow and ensure balance within your body.

Osteopathy can help prevent and ease conditions such as leg swelling where the fluids are not draining, morning sickness associated with the change in your hormonal profile, dizziness which can be associated to changes in your blood pressure, shortness of breath, back pain and pubic pain as your posture changes.

Osteopathy can also prepare you for your delivery. Giving birth is a natural process and women's bodies are designed for this function. Pre-existing imbalances of your spine and pelvis and decreased ability to breathe can impact on the ease of your labour. Osteopathy can help restore the function of your spine and pelvis to optimise your potential for a natural uncomplicated birth.

Osteopathy is a safe treatment for you and your baby at all stages of your pregnancy.

To contact your local osteopath www.osnz.org

Preparation for Birth