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Chiropractic lessening mothers' labour

In the lead up to Mothers Day on 9 May the Chiropractors' Association Australia SA (CAASA) reminds expectant mothers of the importance of pelvic alignment during pregnancy to alleviate pain and reduce the chance of a caesarean birth or lengthy labour.

International studies have shown that the number of pregnant women including chiropractic care as part of their pregnancy care regime is increasing.¹

Studies by international industry experts found that first time mothers not receiving chiropractic care, experienced on average a 14 hour labour time, whereas those who had received chiropractic care, the mean labour time was only eight hours. For women having subsequent births, the average labour time decreased from nine hours to four to five hours respectively.²

The President of the CAASA, Dr Zoe Love, says including chiropractic care in pregnancy has many benefits both for mother and baby.

"Through gentle adjustments to the pelvis, sacrum and spine, chiropractic can restore balance to the pelvis and reduce the chance of pelvic constraint, allowing babies to get themselves into the best possible position for birth.

"Research has also shown that women receiving chiropractic care during pregnancy have reported less back pain both in pregnancy and in labour³," says Dr Love.

During pregnancy, a mother's centre of gravity is shifted and the pelvic structure changes dramatically. Post-birth, more and more mothers are also choosing to include a chiropractic check up as part of their post-birth recovery.

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For more information please contact Gray Management Group

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***About the Chiropractors Association of Australia, South Australia (CAASA)** Members of the Chiropractors Association of Australia SA (CAASA) are registered, primary contact health professionals who undertake a minimum of five years of university training across three government universities in Australia. Chiropractors usually work in their own private practice or in clinics with other healthcare professionals. They may also act as allied health consultants in areas including occupational health and safety, sport, rehabilitation, health insurance assessment and medico-legal advising.*

CAASA's mission is "To empower all people to experience greater health and wellness through an active, lifelong process of healthy lifestyle choices."

For more information visit www.caasa.com.au

¹ Ranzini A, Allen A, Lai Y Use of complementary medicines and therapies among obstetric patients, *Obstet Gynecol* 2001; 97 (4 Suppl 1): S46

² Fallon J. International Chiropractic Association. 1994 - Arlington, Virginia.

³ Back pain during pregnancy and labor Diakow PR, Gadsby TA, Gadsby JB, Gleddie JG, Leprich DJ, Scales AM. *J Manipulative Physiol Ther.* 1991 (Feb); 14 (2): 116-118