

LOWER HUTT Chiropractic Clinic



SPECIALISTS IN
ACUTE CARE
THROUGH TO
MAINTENANCE

OFFERING



Full range of diversified techniques



Exercise Programmes



Spinal screening for job suitability



Education on self spinal care



Access to massage therapist

PRACTITIONERS

Martin Press

Ron Scott

Paul Brunton

OPEN

Monday – Friday 7am to 5.30pm
Late night Wednesday until 7pm

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ACC APPROVED

MEMBER OF THE NEW ZEALAND
CHIROPRACTIC ASSOCIATION (NZCA)

**Get back into shape . . .
the chiropractic way**

Back Talk

WITH MARTIN PRESS



Back pain and pregnancy often go hand in hand. But there is no need for pregnant women to simply grin and bear it. Chiropractic manipulation and treatment is safe for both mother and baby. Obviously the only thing the chiropractor cannot do is take an x-ray.

There are several reasons why pregnant women experience back pain. Sometimes it is due to weight bearing changes. As the mum-to-be gains weight and her body grows bigger she tends to lean back causing pressure on her lower back.

Many pregnant women complain of sciatic pain which they think is the result of the baby putting pressure on the sciatic nerve. This is not true. The pain could be because the baby is putting pressure on the sacrum, which is a large triangle shaped bone in the lower part of the spine (wedged in between the centre of the back and the coccyx or tailbone).

Or the pain may be the result of the mum producing a hormone called relaxin which helps soften ligamentous tissue in the body. For example the sacroiliac and pubic joints become soft and mobile in preparation for birth. This is also why mothers-to-be experience reflux because the gastric system becomes relaxed. With the release of relaxin muscles like the piriformis in the buttock tighten to help stabilise the pelvis and can therefore put pressure on the sciatic nerve.

Chiropractic care for pregnant mothers is designed to help balance muscle tensions and relieve the pressure. If the pelvic joints become too mobile a sacroiliac brace may be required.

Often pregnant mothers who undergo chiropractic care through their pregnancies tend to have an easier birth. I should point out here I have no scientific data to back up this statement and it comes from the feedback received directly from the mothers. I believe the easier birth results

from the balance of the muscle structure and allowing things to work naturally in a more harmonious fashion. Obviously keeping fit and carrying out pelvic floor exercises set down by the midwife also plays an important role.

After birth it is my belief all mothers should have a structural check up from a chiropractic functional point of view. The pressure of birth and separation of the pelvis during birth means things may not always return to the normal position. This causes compensatory changes to the mother's pelvis and back usually creating discomfort and gives rise to the cry "now I have had a child I will never be the same again". It is not having a child or children which is the problem, it is a lack of a proper chiropractic check up to ensure things get back functioning.

Often new mothers complain of mid back pain which is due to poor technique while breastfeeding. Mothers have their head down rather than sitting baby on a pillow with support.

Other new mums suffer from pain caused by straining their backs due to poor technique when changing nappies or putting baby into a cot. Avoiding carrying baby predominantly on one hip also protects a mother's back.

After birth mothers need to do swiss ball and other core muscle stabilisation exercises at low intensity to build strength up. This is all important in restoring normal function to the pelvis and spine.

And the more new mums use their back like a crane the better ie. carry out tasks square on rather than at angles and rotations. ■