

Prenatal and Pediatric Chiropractic Care



Getting adjusted during pregnancy can resolve musculoskeletal issues commonly experienced during pregnancy.

As the baby grows, your joints become more rigid, and this may cause you to have specific issues for pregnant women that require the chiropractic adjustment.

Adjusting the cervix and spine has been proven effective in preventing low birthweight. The hip vertebrae (L5/S1) is located directly below the umbilicus where the sacral plexus innervation of the leg and genital area lies.

Some babies come for the adjustment of spine because of a twisting neck or tilting of a head or changing ribs.



Childing is an important milestone in the development of the development of a child's capacity to hold the pelvic and sacral alignment in order to hold the spine upright. The chiropractic adjustment is made just before or just after birth or the next year after birth. It is possible to be pregnant and adjust your child's spine.



Manipulation of the spine promotes better blood circulation, circulation to the back, hip, neck, mouth, nose, throat, upper and lower extremities, pelvic and genital production. Mothers a good neck and upper back adjustment is essential to the health of the child.



FREE

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pregnancy and chiropractic

by Cynthia Gabaldon, D.C.

When I first tell people I am a chiropractor and my partner and I are pregnant and pediatric chiropractors they are shocked. The most common thought of chiropractic is associated with back pain or a car accident, not pregnant women or babies. And yet, once I begin to elaborate, the relationship makes perfect sense!

Chiropractors do not prescribe drugs. We know the body uses symptoms or pain as signal a disruption in the normal communication between the nervous system and the body. When being misaligned they have an effect on the surrounding muscles and nerves and cause symptoms or pain. By aligning the bones the pain is resolved and health is restored.

When a woman is pregnant, her womb grows from about the size of a tennis ball to the size of a beach ball. The placenta produces a hormone called Relaxin to allow the whole body to become physically looser. Relaxin relaxes the ligaments between the uterus and pelvis to expand. Relaxin also relaxes arteries which have to accommodate a much higher blood volume. The muscle-ligament system also loosens up giving more flexible joints and more curvature in the back to prepare for carrying and delivering a baby.

It is this increase in Relaxin that makes it easy for bones to misalign and causes many of the discomforts commonly found with pregnancy. Some of these include back pain, hip and pelvic pain, and pain in the pubic bones. By gently adjusting the bones to their normal position and simultaneously freeing the nerves, the symptoms and pain are resolved.

To find out more, I encourage you to visit our internet website located at the following: www.1cdiropractor.com

Chiropractic is a safe, non-invasive, drug-free, and non-surgical approach to health care. The practice of chiropractic is based on the premise that the body has an inherent ability to heal itself. Chiropractic focuses on the relationship between the spine and the nervous system.

Chiropractic is a profession that is dedicated to the health and well-being of the individual. Chiropractors are trained to diagnose and treat a wide range of conditions, including back pain, neck pain, and joint pain. Chiropractic is a safe and effective way to improve your health and well-being.