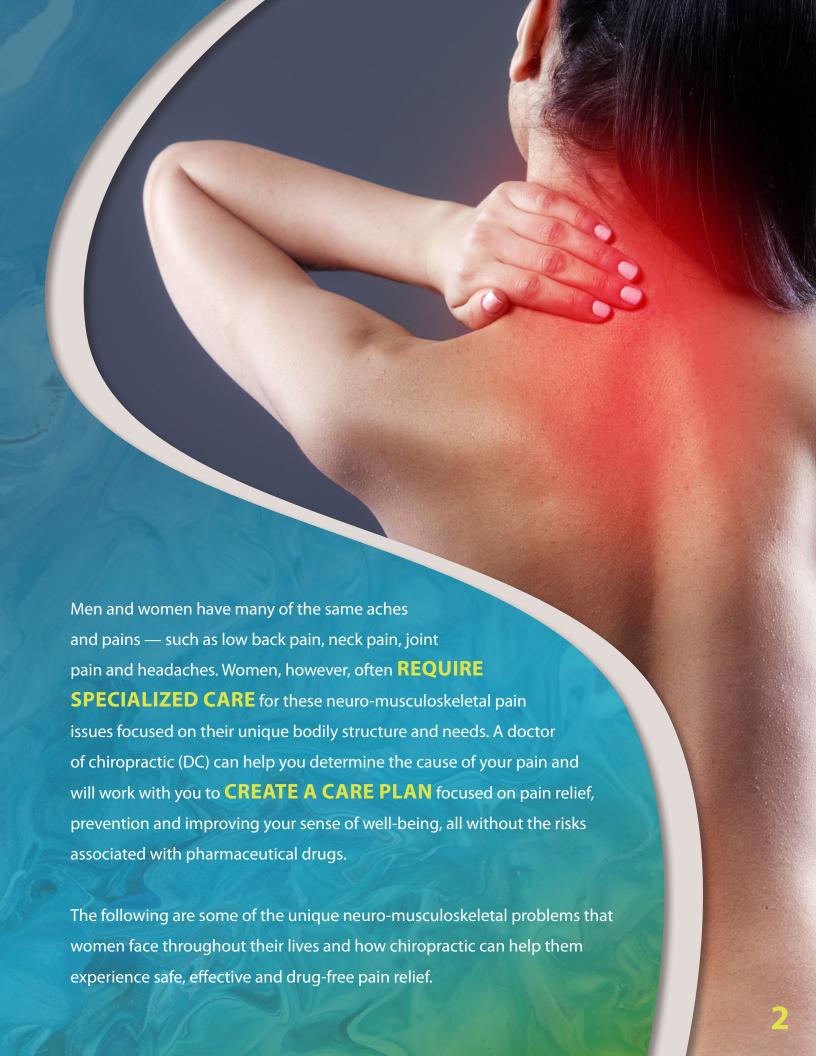


**Personalized Care for Your Unique Needs** 





94%

More than 94% of pregnant women experienced low back pain relief with chiropractic care.





## **PREGNANCY**

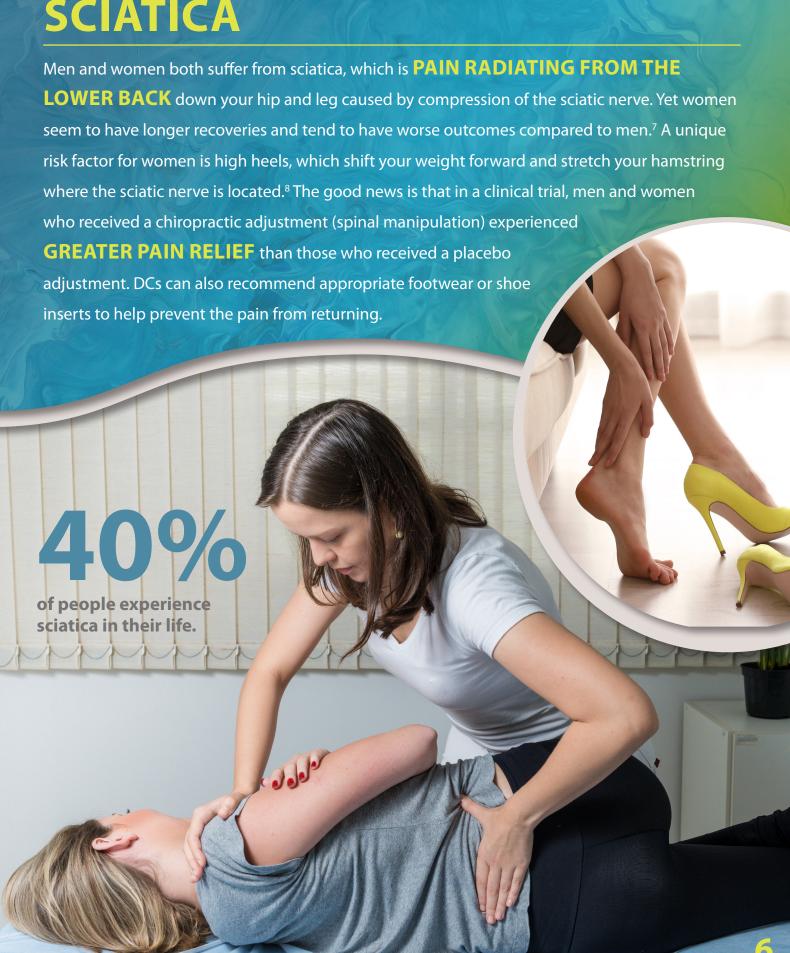
More than 68% of pregnant women report LOW BACK PAIN<sup>1</sup> and more than 65% of women<sup>2</sup> report such pain along with **PELVIC PAIN** after they deliver. Chiropractic care has long been used to help pregnant and postpartum women relieve this common problem. In one study of pregnant women, more than 94% EXPERIENCED PAIN **RELIEF** in less than five days and after fewer than two visits to a doctor of chiropractic (DC).3 Your DC is specifically trained to care for pregnant women and safely manage the pain, but also improve structural balance so discomfort does not return after the baby arrives.

3









## PAINFUL MENSTRUAL CYCLES

As many as 91% of women of reproductive age suffer from abdominal PAIN DURING MENSTRUATION,<sup>9</sup> also known as "dysmenorrhea." Here again, research has shown that chiropractic care can help relieve that pain. In a clinical trial, women receiving connective tissue manipulation, which is another type of care that a DC can deliver, had less pain during menstruation, reduced their use of pain relief medication and were more optimistic about their pain compared to women who did not receive care. Likewise, women who received a similar treatment in their pelvic

area also experienced REDUCED LOW BACK PELVIC PAIN and INCREASED LEVELS OF

**SEROTONIN**, which is a brain chemical that is associated with a greater sense of well-being<sup>11</sup>







## **SOURCES:**

- <sup>1</sup> Wang, Shu-Ming et al. "Low back pain during pregnancy: prevalence, risk factors, and outcomes." Obstetrics and gynecology vol. 104,1 (2004): 65-70. doi:10.1097/01.AOG.0000129403.54061.0e
- <sup>2</sup> Bergström, C., Persson, M. & Mogren, I. Pregnancy-related low back pain and pelvic girdle pain approximately 14 months after pregnancy pain status, self-rated health and family situation. BMC Pregnancy Childbirth 14, 48 (2014). https://doi.org/10.1186/1471-2393-14-48
- <sup>3</sup> Lisi AJ. Chiropractic spinal manipulation for low back pain of pregnancy: a retrospective case series. J Midwifery Women's Health. 2006;51(1):e7-e10. doi:10.1016/j.jmwh.2005.09.001
- <sup>4</sup> Haavik, Heidi et al. "Effect of Spinal Manipulation on Pelvic Floor Functional Changes in Pregnant and Nonpregnant Women: A Preliminary Study." Journal of manipulative and physiological therapeutics vol. 39,5 (2016): 339-347. doi:10.1016/j.jmpt.2016.04.004
- <sup>5</sup> Schinkel-Ivy, Alison and Drake, Janessa D.M. 'Breast Size Impacts Spine Motion and Postural Muscle Activation'. 1 Jan. 2016: 741 748.
- <sup>6</sup> McGhee, Deirdre E, and Julie R Steele. "Optimizing breast support in female patients through correct bra fit. A cross-sectional study." Journal of science and medicine in sport vol. 13,6 (2010): 568-72. doi:10.1016/j. jsams.2010.03.003
- Peul, Wilco C et al. "Influence of gender and other prognostic factors on outcome of sciatica." Pain vol. 138,1 (2008): 180-191. doi:10.1016/j.pain.2007.12.014
- 8 https://uspainfoundation.org/blog/five-surprising-ways-you-might-be-worsening-your-sciatica/
- 9 Ju, Hong et al. "The prevalence and risk factors of dysmenorrhea." Epidemiologic reviews vol. 36 (2014): 104-13. doi:10.1093/epirev/mxt009
- <sup>10</sup> Özgül, Serap et al. "Short-term effects of connective tissue manipulation in women with primary dysmenorrhea: A randomized controlled trial." Complementary therapies in clinical practice vol. 33 (2018): 1-6. doi:10.1016/j.ctcp.2018.07.007
- Molins-Cubero, Silvia et al. "Changes in pain perception after pelvis manipulation in women with primary dysmenorrhea: a randomized controlled trial." Pain medicine (Malden, Mass.) vol. 15,9 (2014): 1455-63. doi:10.1111/pme.12404

