



Chiropractic Newsletter

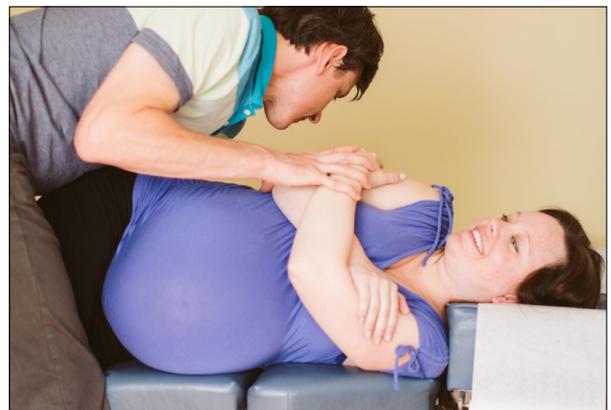
Chiropractic Research

Satisfaction in Pregnancy

Pregnancy is a wonderful and exciting time for parents, and it is also a time when women's bodies are rapidly adapting to the many changes in their physiology. Although widely accepted that expectant moms can experience a number of physical, emotional and social stress factors during pregnancy, this study suggests that women under chiropractic care may experience a greater quality of life in pregnancy.

Although there is no clear data on how many pregnant women seek chiropractic care, it is known that musculoskeletal pain and quality of life are common reasons why they see a chiropractor. ICPA chiropractors provide care from a holistic perspective on health, one that recognizes and respects the human body's ability to express its optimal life potential. This certainly applies to the pregnant woman as she experiences the many changes throughout pregnancy. The Webster technique is a specific chiropractic pelvic analysis and adjustment utilized by ICPA chiropractors in women throughout pregnancy.

Understanding why women seek care and how they benefit from care is important for creating dialogue about perinatal chiropractic care. A recent survey study of 343 pregnant patients reported high satisfaction and improvement related to symptoms and quality of life across all measures – improved energy levels, less pain, better sleep patterns and even improved social roles and interaction! The average time that patients began care was week 25 of pregnancy. This is the first published chiropractic research study to show changes in quality of life for pregnant women, and it provides exciting insight on the topic.



Continue reading on page 2

The patients in this study were overall satisfied with their experiences with chiropractic and also experienced physical and mental health benefits. Although society assumes that pregnancy is associated with difficulties such as pain and postpartum distress, the results of this study suggest that may not have to be the case! Although more research is needed, this study suggests that chiropractic is a great alternative to other traditional means of pain reduction, such as opioids.

Also, 75% of the patients reported that their primary care provider, such as ObGyn or midwife, was aware they sought chiropractic care. As we highlight the potential for co-management and communication with other birthing professionals about the benefits of chiropractic care in pregnancy, hopefully more women will seek out the unique services of chiropractic for the best pregnancy experience possible.

By Christie Kwon MS, DC

*Published in the Journal of Alternative and
Complementary Medicine, 2017*

