

CHIROPRACTIC AND PREGNANCY



A CLINICAL GUIDE TO PRENATAL
& POSTPARTUM CHIROPRACTIC CARE



Hey Mama,

Pregnancy is an incredible journey, isn't it? A time filled with the promise of new life, love, and boundless joy. But let's be real—it can also come with its share of aches, pains, and uncertainties. That's where I want to share something special with you—chiropractic care during pregnancy.

First of all, I want to express my heartfelt gratitude for choosing to explore the world of chiropractic care as part of your pregnancy journey. It's a choice that reflects your commitment to your well-being and that of your growing baby. You're making a powerful decision, and I'm here to help you understand why it's so important.

This ebook is all about you, your beautiful baby bump, and the incredible potential of chiropractic care to make your pregnancy experience even more wonderful. Together, we'll uncover the science behind chiropractic adjustments during pregnancy and discover the amazing benefits they can bring.

Let's dive into the world of chiropractic care and discover how it can enhance your pregnancy journey.



Dr. Veronica Gobeil, DC

CONTENTS

01 INTRODUCTION

MEDISPINE

02 DEFINITION

CHIROPRACTIC

03 DEFINITION

VERTEBRAL SUBLUXATION

04 CAUSES

SUBLUXATION

05 ROLE

WHAT WE DO

06 WHY CHOOSING US

MEDISPINE'S DIFFERENCE

07 EDUCATION

WE ARE NOT QUACKS!

08 CHIRO & PREGNANCY

HOW WE CAN HELP

09 LEARN

INTERESTING FACTS

10 READ IT, FEEL IT, BENEFIT FROM IT

HEALTH BENEFITS

Learn more about our services & offers online :
[@MEDISPINE.CA](https://www.medispine.ca)



MEDISPINE

Medispine is a holistic health clinic located in Dieppe, NB offering a variety of manual therapies to reduce your pain, restore your range of motion, improve your posture and optimize your overall health.

Our services are for everyone who are experiencing pain or discomfort and for those who want to optimize their overall well-being.

We aim to provide the most efficient and integrative hands-on therapy you've ever experienced. 100% hands-on. No machines or assistants. Some tools to help. We want to offer you a comprehensive, personalized, global treatment plan based on an overall look at your physical health and medical history that will guide you to your short and long term health goals... or along your pregnancy!

Our services are covered by most extended health plans.



Dr Gobeil

Native of Saguenay, QC, Dr. Veronica Gobeil, DC is an expert in the field of natural health, posture, functional movement and lifestyle habits. She is a chiropractor and the founder of Medispine.

She has spent a big part of her life using her personal and career experiences to help her clients to overcome pain, get rid of chronic symptoms, upgrade their lifestyle habits and to provide them with up to date recommendations about their diagnostic and pronostic.

Dr. Landry

Native of the Acadian Peninsula, Dr. Kamylle Landry, DC is an expert in pediatric and perinatal chiropractic care, with a focus on pregnancy-related discomforts and optimal child development. Known for her gentle, evidence-informed approach, she has dedicated her practice to supporting women and families through personalized, hands-on care — from prenatal health to early childhood wellbeing.





Dr. Collette

Native of Fredericton, NB, Dr. Émilie Collette, DC is passionate about natural health, posture, functional movement and lifestyle habits. She is a chiropractor at Medispine with a special interest in family chiropractic care, pediatric care and neuromusculoskeletal health.

She has spent a big part of her academic and clinical journey helping her patients overcome pain, improve persistent symptoms, move better and feel more confident in their health, while providing them with up to date, evidence-informed recommendations adapted to their condition, goals and lifestyle.

WHAT IS CHIROPRACTIC?

Chiropractic is frequently referred to throughout this Ebook. It's important to define what we are talking about.

To start, the word CHIROPRACTIC comes from the Greek kheir, meaning "hands" and praktikos, meaning "to do" or "to exercise" and literally means "done by hand". So, instead of prescribing drugs or performing surgeries, chiropractors use manual treatments of the spine and joints, muscle therapy, trigger point therapy, exercises and lifestyle changes to allow the body's natural state of health to fully express itself.

Chiropractic is a holistic medicine encompassing science, art (in the form of techniques applied), and a philosophy that fosters natural function and potential.¹

It has confidence in the inherent abilities of body recovery, embracing a vitalistic perspective that aligns with concepts emerging from quantum physics and mechanics. It aims to reach the body's full healing potential by freeing it from interference with the nervous system; interferences we called "Vertebral Subluxation Complex".²

This perspective is increasingly supported by contemporary scientific thought. Chiropractic stands firmly on a foundation of well-established scientific principles, with leading healthcare experts worldwide actively engaged in ongoing chiropractic research.³

Chiropractic is a holistic medicine that focuses on the human body's inherent ability to maintain itself healthy and to heal itself without drugs or surgery (homeostasis).



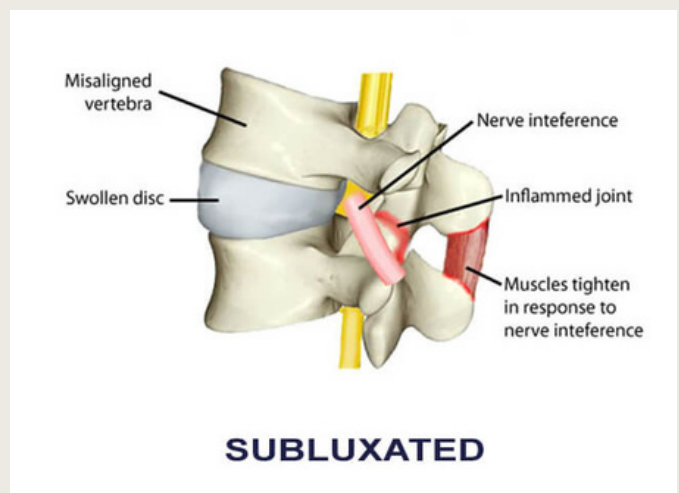
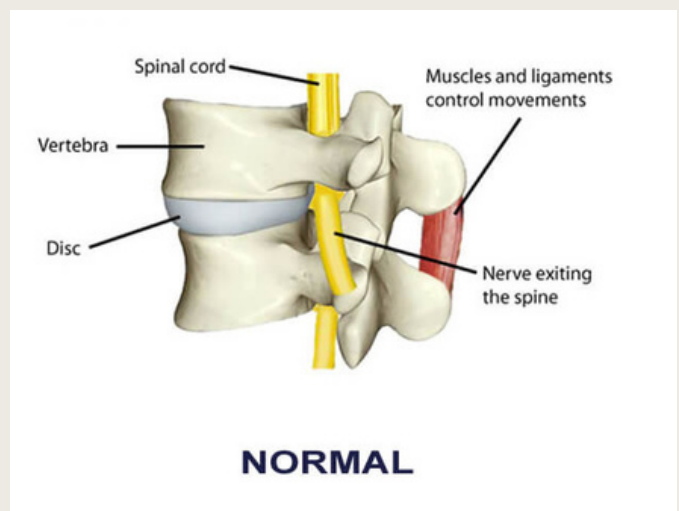
VERTEBRAL SUBLUXATION COMPLEX



Vertebral Subluxation Complex occurs where there is a misalignment of one or more vertebrae resulting in altered joint motion and nerve irritation. Such interference can then affect communication throughout the nervous system (including organ function) and if left unchecked or unresolved, can alter the body's natural state. This promotes a decline in health, resulting in sickness and disease.²

Unfortunately, these subluxations often go undetected in their early stages, and by the time pain and symptoms appear, the problem may have been present for months or even years. The good news is that you can prevent these subluxations with routine chiropractic care.

Please note that subluxation can also occur in other parts and joints of the body.





Studies have shown that **spinal trauma** can even be caused during gestation due to a mother's pelvic distortion or the position of the baby within the uterus.^{4.}

Other research has shown that, by removing a mother's vertebral subluxations and balancing her pelvis, chiropractic care encourages **easier and safer deliveries.**^{5.}

CAUSES OF SUBLUXATION

ONE

Physical

Nerve irritation can also be caused during the birth process itself, even with assisted deliveries and straight-forward vaginal births. Other physical causes for subluxation include accident, poor posture, repetitive movement, contact sports, etc.

TWO

Chemical

Chemical stress like fast food, air pollution, bacteria overgrowth, underlying infection, mold, heavy metal intoxication, bad sleep (and more) can affect the biochemical reactions in your body and disrupt the homeostasis states; resulting in an altered nervous system and subluxations!

THREE

Emotionnal

Emotional stressors are also known to cause nerve irritation. When we live in a chronically stressful environment, our body undergoes significant physiological change, including increased blood pressure, heart rate and blood glucose. When these changes are sustained over a period of time, we tax our body's adaptability and physiological breakdown inevitably results.⁶

There is so much more than **"cracking back"** to chiropractic; and that's what we love about it.

Chiropractors are trained to detect these subluxations and identifies nerve interference through a comprehensive evaluation of your overall health and body. In fact, chiropractors are the only health professionals trained in the detection, location, and correction of spine misalignment through chiropractic care. They can assess, evaluate, diagnose and treat every conditions involving the integrity of the nervous and musculoskeletal systems.

Chiropractors can use different tools to correct the nerve interferences, improve your alignment and get rid of your pain. The most popular being the *famous* chiropractic adjustment.⁷

The chiropractic adjustment is a quick thrust applied to a vertebra for the purpose of correcting its position, movement or both. **Adjustments are often accompanied by an audible release of gas that sounds like a 'crack.'** The sound sometimes shocks people a little bit the first couple times they get adjusted, but the sensation is usually relieving. There are times when the audible 'cracking' does not occur. This is often due to either significant muscle tightness or that the patient may be having a hard time relaxing during their adjustments. **We do not need the 'crack' to see improvement.** We are looking for a regulation response coming from your nervous system.

If you are not comfortable and familiar with chiropractic adjustment, NO WORRY! We have plenty of other tools in our box! Also, please note that the techniques used during your treatment will be adapted through your pregnancy and the changes of your body. For instance, our chiropractors are well-trained with the Webster Technique which is a technique specific to pregnancy and post-partum using gentle manipulations of your body.



WHAT WE DO



MEDISPINE'S DIFFERENCE

At Medispine, we see chiropractic as the entry door to your wellness. As mentioned previously, behind every subluxation relies a deeper cause (physical, chemical, psychological). We will dig deeper to find out why you are experiencing discomfort, pain, stiffness or a lack of movement. **Your pain is just a message**; a message telling you that there is something wrong. Once the cause is identified, a comprehensive treatment plan including adjustments, manual therapy, alternative therapy, exercises, lifestyle or dietary changes will be propose to you to assure a healthy and optimal pregnancy ... and life!

WE ARE DOCTORS!

So, nowadays, what is the formation of your chiropractor?

In Canada, **there are two (2) options that are offered for students who want to study chiropractic.** There is the Canadian Memorial Chiropractic College in Toronto or Université du Québec à Trois-Rivières in Quebec.

Your Medispine's chiropractor studied in Quebec.

This program is a 5-year doctorate program in chiropractic, including 4969 hours of course work.⁸

The courses, which totalize 245 credits, cover a range of subjects that include:⁸

Anatomy	Embryology
Physiology	Radiology
Neurology	Immunology
Diagnostic procedures	Microbiology
Differential diagnosis	And more.
Biochemistry	
Pathology	
Nutrition	
Chiropractic principles and techniques	
Chiropractic professional practice	

After earning a Doctor of Chiropractic degree, candidates must also successfully complete the Canadian Chiropractic Examining Board (CCEB) national exams and the New-Brunswick Chiropractor Association (NBCA) legislation and ethics exam.



& NOW

HOW CHIRO CAN HELP

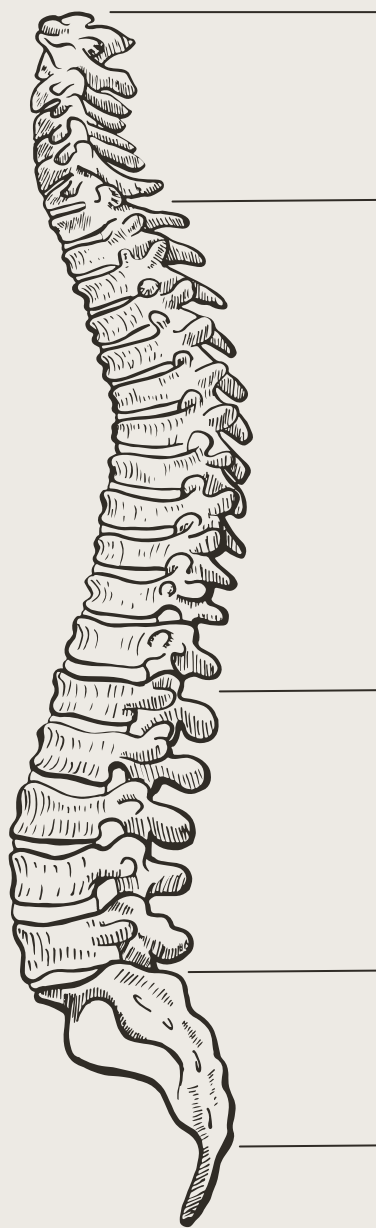


Chiropractic care plays a pivotal role in supporting women's health during pregnancy.

When you have your spine assessed by a chiropractor, it ensures that your pelvis is properly aligned, creating optimal space for your baby's growth and movement. The chiropractor will avoid any procedures that could pose risks during pregnancy and will adjust techniques to accommodate your expanding belly.

A well-functioning nervous system equips a mother to effectively navigate many of the challenges of pregnancy. Often, women tend to accept pregnancy discomforts like nausea, heartburn, shortness of breath, constipation, hemorrhoids, frequent urination, and more, when, in reality, they can find relief through chiropractic care.

Our techniques are adapted to the stage of your pregnancy, your health conditions, your tolerance to pain and one's willingness to care for their body.



CERVICAL

Preserving the health of your mid-back, specifically the thoracic spine, through chiropractic adjustments can offer relief from mid-back discomfort, often associated with increased breast size, as well as address issues like shortness of breath and heartburn.

THORACIC

Maintaining flexibility in the thoracolumbar (mid to low back) and jumbosacral (lower back) regions without subluxations can alleviate various other discomforts, including constipation, frequent urination, sciatica, lower back pain, symphysis pubis pain, and pelvic discomfort.⁹

LUMBAR

In addition to spinal adjustments and optimizing your nervous system, our wellness-focused chiropractor may discuss the importance of incorporating stretching, yoga, or physical activity into your routine. We might also emphasize the significance of increasing your water and fiber intake to prevent hemorrhoids.

SACRUM

COCCYX

INTERESTING FACTS

As your pregnancy progresses, the weight of your baby can become a major load to bear and hormonal changes begin to relax the supporting tissues of the spine. It is important that your spine maintains correct alignment.

Correct alignment of the pelvis and spine contributes to more straightforward labor with less pain and trauma for mother and child.^{10.}

Women who received chiropractic adjustments in their third trimester were able to carry and deliver their child with much more comfort.^{11.}

Maternal subluxations have also been associated with fetal constraints, both within the uterus and the pelvis. These constraints have the potential to impact how your baby presents during birth and may affect the prospects of a natural delivery.^{12.}

Furthermore, ongoing studies are delving into the longer-term consequences of such constraints in the womb and their potential effects on infant development.^{13.}

It also has been shown that regular adjustments results in a less stressful pregnancy for both mother and unborn child.^{14.}

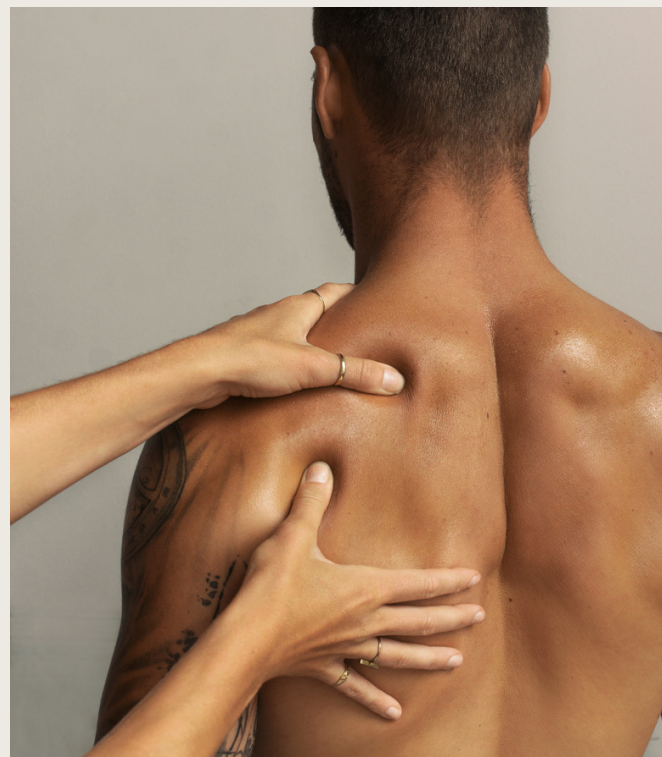




HEALTH BENEFITS

Research has shown a lot of health benefits for mother and babies using chiropractic.

- Significantly reduces labor time for women who had care throughout their pregnancy.¹⁵
- Less complaints of lower back pain during pregnancy, with the sacroiliac joints of the pelvis being most commonly affected.^{16, 17}
- Less stressful pregnancy and a less uncomfortable delivery with regular adjustments.¹⁴
- More straightforward labor with less pain and trauma for mother and child, and may significantly reduce labor time as said previously.¹⁸



READY TO BOOK?

WE ARE HAPPY TO HELP!



Ready to take action towards a better, healthier, easier pregnancy?
We are very excited to work with you!

If you are still unsure if you should get treated in chiropractic or if you have more question; do not hesitate to send us a message info@medispine.ca or

[BOOK NOW!](#)

506-889-4490

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