



## OCTOBER Newsletter

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### **Pregnancy: Before, During, & After**

Did you know that over half of women experience back pain during their pregnancy? Do yourself a favor: For a healthier and happier pregnancy, be prepared for what is to come.

#### **SIGNS AND SYMPTOMS**

Some common symptoms of pregnancy are headaches, mid-back pain, low back and leg pain, pubic bone pain, and rib pain. These ailments can continue for months or years after birth if not properly treated.

#### **CHANGES DURING PREGNANCY**

There are several changes that happen during pregnancy besides the obvious change in physical appearance.

1. Your lumbar curve increases to accommodate the weight of your protruding abdomen. This causes more pressure to be put on the sacroiliac joints and facet joints in your low back.
2. A pregnant woman goes through extreme biomechanical changes. Not only is she carrying more weight, and carrying it all out in front of her, but all of the activities she performs must accommodate for her physical changes. She must teach herself new ways of moving and accomplishing her daily tasks. The abdominal muscles have an important role in reducing the stress on the joints in the spine and keeping them healthy. With the growth of the uterus, the abdominal muscles are stretched and weakened, which puts increased stress on the spine.
3. The hormone ***relaxin*** is released to promote relaxation of the ligaments in your pelvis to allow expansion for the upcoming birth.



### **More information about *relaxin***

The tricky thing about hormones is that they cannot be released only to your pelvic ligaments. They are released into the bloodstream and affect all of the ligaments of your body, putting you at increased risk of injury, inflammation, and pain at all joints of your body.

Unfortunately, along with allowing your pelvis to expand, *relaxin* also causes instability and abnormal motion of your sacroiliac joint, pubic symphysis, and other joints that can cause considerable pain.

*Relaxin* stays in a woman's body for up to 6 months after giving birth. When *relaxin* slowly begins to be flushed out of your system, your ligaments begin to once again tighten up in order to stabilize your joints. If you have had any trauma to any of your joints, no matter how minimal the damage, your joints can begin or continue to move abnormally, which can cause them to

be inflamed and painful. No amount of stretching will correct these joints. Only a trained professional can restore motion to the joint to ensure its proper function.

### **What can you do to prevent or minimize back pain during your pregnancy?**

1. Keep yourself healthy if you are planning on becoming pregnant. Eat a healthy diet, exercise, and concentrate on strengthening your core muscles.
2. Be sure you are on a prenatal vitamin supplement when you get pregnant. This is not only good for your growing baby, but it keeps your body healthy, too.
3. Stay active during pregnancy, but be sure to rest frequently. Don't start a brand-new aggressive exercise program when you find out you are pregnant. If you are an extreme athlete, try to tone things down a little bit. If you don't exercise, ask your Chiropractor about beginning a strengthening program specific to your needs.
4. See your Chiropractor to keep your spine healthy during this time of increased stress, especially if you are having back pain regularly.
5. Continue to stay active after you give birth, especially during the period when *relaxin* is leaving your body. Keeping your joints moving will keep them healthy.

### **What can Chiropractic do?**

Chiropractic keeps your joints mobile, helps decrease muscle spasm, and helps decrease pain. This is especially important during the course of pregnancy as your body is changing dramatically in a short amount of time.

During the birthing process, if your joints have been kept healthy and are able to move properly, it will allow your pelvis to expand as needed in order to make room for the infant to pass.

After giving birth, regular Chiropractic adjustments during the time *relaxin* is leaving your body will keep your joints aligned and moving properly to avoid long-term postpartum musculoskeletal pain and other associated conditions.



**Don't let pain interfere with your time as a new mom and enjoying your time with your new baby!**

### **THANK YOU, PATIENTS!**

The greatest compliment our patients give is the referral of their loved ones. We appreciate that you trust us enough to recommend a loved one into our care. Your continued thoughts are much appreciated.



### **HAVE A SAFE HALLOWEEN!**

Halloween should be safe and fun. Don't forget to bring your trick-or-treaters in for treats and fun! Join us on Friday, Oct. 31, from 5 p.m. to 9 p.m.!

We will also be providing FREE x-rays of Halloween candy for those concerned with inspecting their treats.

For more information on this and other Halloween safety tips, visit our website at [www.mankatochiropractor.com](http://www.mankatochiropractor.com).