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Optimizing pain relief during pregnancy using manual therapy.

Oswald C, Higgins CC, Assimakopoulos D.

Abstract

Question Many of my pregnant patients have muscle and joint aches, and are reluctant to use analgesics. What is known about **chiropractic** care during **pregnancy**? Answer As pregnant women move into their second and third trimesters, their centres of mass shift anteriorly, causing an increase in lumbar lordosis, which causes low back and pelvic girdle pain. Increasing recent evidence attests to the effectiveness and safety of treating this pain using manual therapy. Massage therapy and **chiropractic** care, including spinal manipulation, are highly safe and effective evidence-based options for pregnant women suffering from mechanical low back and pelvic pain.

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