

PubMed

Display Settings: Abstract



[J Can Chiropr Assoc.](#) 2013 Jun;57(2):132-42.

Therapeutic interventions employed by Greater Toronto Area chiropractors on pregnant patients: results of a cross-sectional online survey.

[Yuen T](#), [Wells K](#), [Benoit S](#), [Yohanathan S](#), [Capelletti L](#), [Stuber K](#).

Division of Graduate Education & Research, Canadian Memorial **Chiropractic** College.

Abstract in [English](#), [French](#)

INTRODUCTION: Due to different biomechanical, nutritional, and hormonal considerations, it is possible that chiropractors may employ different therapeutic interventions and recommendations for pregnant patients than non-pregnant ones. The objective of this study was to determine the therapeutic interventions that chiropractors who are members of the Ontario **Chiropractic** Association in the Greater Toronto Area most commonly provide to pregnant patients.

METHODS: An introductory e-mail was sent in October 2011 to 755 members of the Ontario **Chiropractic** Association within the Greater Toronto Area five days prior to a 15 question survey being distributed via e-mail. Reminder e-mails were sent 13 days and 27 days later. Using descriptive statistics, demographic information was reported along with reported use of different treatments and recommendations for pregnant patients.

RESULTS: A response rate of 23% was obtained. The majority of the respondents (90%) reported using the Diversified technique on pregnant patients, followed by soft tissue therapy (62%) and Activator (42%). The most common adjunctive therapy recommended to pregnant patients was referral to massage therapy (90%). Most of the respondents (92%) indicated that they prescribe stretching exercises to pregnant patients and recommend a multivitamin (84%) or folic acid (81%) to pregnant patients.

CONCLUSION: In agreement with previous research on **chiropractic** technique usage on non-pregnant patients, the majority of respondents indicated treating pregnant patients with the Diversified technique, with other **chiropractic** techniques being utilized at varying rates on pregnant patients. Most respondents indicated prescribing exercise, and making adjunctive and nutritional recommendations frequently for their pregnant patients.

KEYWORDS: **chiropractic**, interventions, **pregnancy**, therapy

PMID: 23754858 [PubMed] PMCID: PMC3661180 [Free PMC Article](#)

LinkOut - more resources



