



LAKELAND CHIROPRACTIC

▪ LIFETIME FAMILY WELLNESS ▪

Pregnant Woman Has Natural Birth After Two Cesareans with Chiropractic - Case Study

From the March 11, 2008, issue of the the scientific periodical, the Journal of Vertebral Subluxation Research (JVSR), comes a case study involving a pregnant women who was suffering from back pain and therefore sought out chiropractic care. This was her third pregnancy and the previous two pregnancies resulted in cesarean births. The 29 year old woman was hoping to deliver this baby vaginally.

In this case, the woman started chiropractic care in her 34th week of pregnancy because of suffering from back pain. She reported having experienced on and off lower back pain throughout her pregnancy. She had also had similar problems in the third trimester of her previous pregnancy.

A chiropractic examination was performed and the determination of subluxations was made. Care was initiated focusing mainly on the lower spine. On the patient's 4th visit, she reported that her low back pain had improved significantly and she was "getting around better" than before the care.

In the 40th week of her pregnancy, the woman went into labor. She labored 12 hours at home with her husband before going to the hospital. Although she reported that the medical staff was extremely anxious, given her previous birth history, she delivered a healthy baby girl, naturally and without the use of medications or a Caesarean surgical procedure, as had been the case in her prior births.

The study authors, Joel Alcantara, BSc, DC and Ingrid Hamel, DC, FICPA, concluded, "This case report described the successful chiropractic management of a patient with pregnancy-related low back pain and possibly facilitated a successful vaginal birth despite two previous Cesareans."

** Who do you know that could benefit from Chiropractic Care? **

SHARE WITH FRIENDS, FAMILY, AND CO-WORKERS

▪ LAKELAND CHIROPRACTIC IS DEDICATED TO SERVING THE COMMUNITY THROUGH CONSERVATIVE CARE AND PATIENT EDUCATION ▪

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