

# Pregnancy & MSK Conditions

## How Chiropractic Can Help

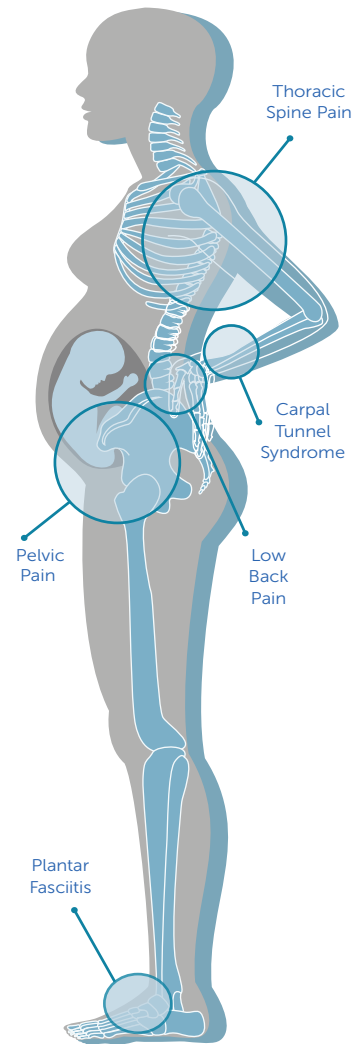
Pregnancy can bring many changes, including musculoskeletal (MSK) conditions such as low back pain, pelvic pain, carpal tunnel syndrome, foot pain and thoracic spine pain. Low back pain alone is very common, with a reported prevalence rate ranging from 50-80% of pregnant people.<sup>1</sup>

Research demonstrates that chiropractic care is a safe and effective way to help people experiencing MSK conditions during pregnancy by reducing pain, improving mobility and providing a high level of client and provider satisfaction.<sup>2,3,4</sup>

### MSK Conditions During Pregnancy & Postpartum

Chiropractic can help during pregnancy and postpartum in a number of ways, including:

- Relief of aches and pain (pelvic pain, low back pain, neck pain, and more)
- Improvements in function and mobility
- Education on how to reduce and/or prevent strains and pain, as well as strategic positioning when breastfeeding, going upstairs, and more
- Nutritional and lifestyle counselling
- Postpartum rehabilitation
- Exercises and stretches to help reduce pain, prepare for and recover from childbirth



*It may be a good time to refer your client to a chiropractor if they are experiencing MSK pain and are seeking a non-pharmaceutical, conservative approach to pain management.*



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## What is Chiropractic?

- Non-invasive, hands-on health care profession that provides diagnosis, treatment and preventative care for disorders related to the spine, pelvis, nervous system and joints
- Care can include patient education, pain management, guided therapeutic exercise, recommendations for nutrition and lifestyle modifications, spinal manipulation, rehabilitative care, and soft tissue therapy
- Doctors of Chiropractic (DCs) have completed an accredited chiropractic 4 year program, receiving more than 4,200 hours in clinical training in addition to having completed a minimum of 3 years at an undergraduate university program
- DCs are self-regulated under the Regulated Health Professions Act by the College of Chiropractors of Ontario
- Common reasons for seeking chiropractic care include: back pain, neck pain, headaches, whiplash, sprains, strains and arthritis

## Benefits of Collaborative and Interprofessional Care

- Improves care by coordinating services and intergrating health care for a variety of health needs;
- Allows clients to be active partners in care;
- Provides opportunities to learn new skills and approaches to care; and
- Facilitates innovation and provides more efficient delivery of care

*It is very common for chiropractors to work in collaborative interprofessional models. Many chiropractors are currently collaborating with midwives, OB-GYNs and interprofessional teams in a variety of strutured referrals arrangements.*

## How to locate a Chiropractor

The Ontario Chiropractic Association's website provides a Chiropractor Locator tool that can be accessed using the link below. This website also contains resources about chiropractic care.

[www.chiropractic.on.ca](http://www.chiropractic.on.ca)

<sup>1</sup> Sadr, S., Pourkiani-Allah-Abad, N., Stuber, K. J. (2012). The treatment experience of patients with low back pain during pregnancy and their chiropractors: A qualitative study. *Chiropractic & Manual Therapies*, 20(32), URL: <https://chiromt.biomedcentral.com/articles/10.1186/2045-709X-20-32>

<sup>2</sup> Ibid.

<sup>3</sup> Borggren, C. L. (2007). Pregnancy and chiropractic: A narrative review of the literature. *Journal of Chiropractic Medicine*, 6(2), 70-74, URL: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2647084>

<sup>4</sup> Lisi, A. J. (2006). Chiropractic spinal manipulation for low back pain of pregnancy: A retrospective case series. *Journal of Midwifery & Women's Health*, 51(1), URL: <http://onlinelibrary.wiley.com/doi/10.1016/j.jmwh.2005.09.001/full>