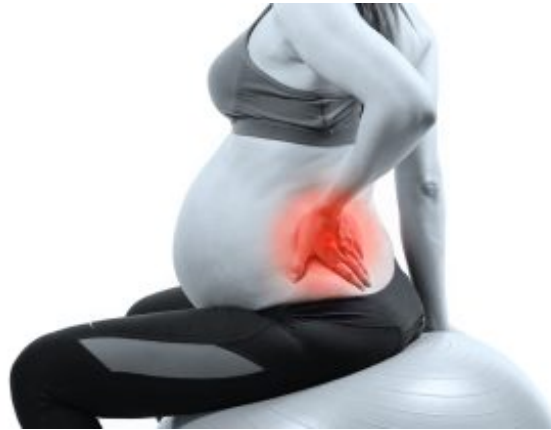


Pregnancy and Chiropractic Care

Written by Dr. Marlee Lameris, Chiropractor



Chiropractic care is particularly important during pregnancy. A woman's body undergoes many physical changes during the course of pregnancy and these can lead to subtle, yet dramatic, changes in the musculoskeletal system. With weight gain and postural changes, low back and pelvic pain can occur. These stresses and strains can be reduced or relieved with chiropractic care. Another benefit is that many pregnant patients also report faster and more comfortable deliveries after chiropractic care.

In one study, women receiving chiropractic care through their first pregnancy had 24% shorter labor times than the group not receiving chiropractic, and multiparous subjects reported 39% shorter labor times. In addition, 84% of women report relief of back pain during pregnancy with chiropractic care. Since the sacroiliac joints of the pelvis function better, there is significant less likelihood of back labor when receiving chiropractic care through pregnancy.

Chiropractic during pregnancy can help alleviate many ailments that otherwise would go untreated during this sensitive time. These include:

- Aiding in reducing low back pain
- Aiding in reducing pelvic pain
- Aiding in reducing upper back and neck pain
- Helping to reduce morning sickness, heart burn and swollen feet/ankles
- Reducing labour time and reducing the need for pain medication
- Allowing for easier delivery
- Reducing intrauterine constraint for optimal baby positioning

Prenatal chiropractic care uses safe, gentle and effective techniques that can help make a pregnancy more comfortable. The treatment is specialized specifically for the woman so that she feels comfortable and supported. A special modified drop piece table, pregnancy pillows and adjustment techniques can all help treat pregnant women right to, and beyond, their due dates.

The Webster Technique is defined as a specific chiropractic analysis and adjustment that facilitates biomechanical balance in pelvic joints, muscles and ligaments. Especially during pregnancy, sacral misalignment can cause tightening and twisting of specific pelvic muscles and ligaments. These tense muscles and ligaments constrain the uterus, which may prevent the baby from comfortably assuming the best possible position for birth. The Webster Technique may reduce the effects of intrauterine constraint, allowing the baby to get into the best possible position for birth.

Pregnant mothers should have their spines and pelvis checked regularly throughout pregnancy, in order to optimize health benefits for both the mother and baby.

The mission is to use chiropractic care with the goal of having a healthier, more comfortable pregnancy and an easier and safer birth. With proper nutrition, exercise and regular chiropractic care, an expectant mother can help create the best opportunity for her baby. Chiropractic helps women get well and stay well: before, during, and after their pregnancies.

For more information or to book an assessment with Dr. Marlee Lameris, call Momentum Health Mahogany at 403-454-8460.

Dr. Marlee Lameris- Chiropractor



Dr. Lameris went to the University of Alberta where she completed her Bachelor of Science degree with Distinction. She then completed her Doctor of Chiropractic degree at the Canadian Memorial Chiropractic College in Toronto, where she graduated Cum Laude and with Clinic Honours. In addition to her training in Diversified technique, Graston and MRT at CMCC, Dr. Lameris has taken additional courses in Activator and Thompson technique. She is certified in the Webster Technique, is a member of the International Chiropractic Pediatric Association and is currently working towards her certification with the ICPA. She is fully qualified and ready to start creating a comfortable environment for families wishing to experience chiropractic care. She is particularly excited to work with prenatal and pediatric patients looking for a wellness approach to health. Dr. Lameris has been playing soccer since she was five years old and still enjoys playing on a recreational team. She also enjoys reading, walking and traveling in her spare time.