

Pregnancy Pain

Find out why it hurts and how we can help.

For most women, the period of time during which a mother is carrying her child is one of the most memorable and joyous periods of her life. However, for many women the period they were with child was an unpleasant experience because of "PAIN". For about half of all pregnant women, low-back pain is an inevitability. In fact, the overall prevalence of back pain during the 9-month period is thought to be approximately 50%. Moreover, the pain can begin as early as week 12 and continue up to 6 months after delivery.

Why It Hurts

Pregnancy, especially the later stages, is fertile ground for back pain. Your center of gravity shifts because your uterus expands. Your abdominal muscles lose tone. Hormonal changes temporarily loosen important support structures - ligaments and tendons - leaving you with joints and muscles in the back and pelvis that seem to groan under the stress of increased weight. The cumulative effect of these stressors creates a perfect recipe for pain and discomfort.

How We Can Help

Given that most pregnancy pains occur in predictable patterns Dr. Boerjan can implement specific protocols for treating and preventing the pains that most affect expecting mothers. Through the use of highly effective hands-on treatments and rehabilitative exercises we are able to formulate a treatment plan that will quickly relieve pain, preventing it from recurring, or keep it from happening in the first place.

Keeping the Baby Safe

Furthermore, utilizing a natural form of pain treatment helps eliminate the need for pain medication altogether. The resultant decrease in pain medication may reduce the mother's exposure to unwanted side-effects, and protect the unborn from the adverse reactions of unnecessary medication. For information on this topic, please contact Dr. Boerjan