

Preparing your body for birth



Whether you are prepared or not, there is one certainty for every pregnant woman – the baby will eventually be delivered! You will not necessarily have control over everything that occurs in the delivery suite, but there are many factors that you do have some control over.

Prenatal

During the third trimester of pregnancy, you have a window of opportunity to prepare yourself and your body for the impending birth. You will notice that your abdomen grows very rapidly, you will develop an increase in the curve of your back and other postural changes. Internally there are a lot of changes also occurring to the way your pelvis functions. Your body is already preparing itself for the upcoming task of delivering your baby. You can assist it by seeing your chiropractor regularly to ensure that a healthy structural balance is maintained. Not only will this help your pelvis function better, but will also allow you to be more mobile and to feel more comfortable.

Labour

During labour your contractions will become regular and your cervix will dilate. Your pelvis will stretch to allow for the passage of your baby through the birth canal. When you have dysfunction within your pelvic area it can reduce the size of the outlet for your baby and cause a failure of labour to progress normally. It is best for you to receive regular chiropractic checkups in order to optimize functional balance and therefore create maximal room through which your baby can be born. Chiropractic care may also assist some women in controlling vomiting and reducing the time of labour and delivery.

Even if you don't suffer from any of the aches and pains of pregnancy, or if you know that you require a caesarian section, it is still important to ensure that your body is working at its optimum. Keeping your nervous system in functional balance ultimately helps the entire body to work effectively in supporting the delivery of your baby.

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