

## Why does my pregnancy hurt?

What is the deal?

My back is just killing me...

An article published in the *Journal of Midwifery and Women's Health* stated that back pain is a frequent complaint of pregnant women.

Why?

Most likely because pregnant women carry more weight in the front of their body than usual, which puts considerable strain on their back.

From 57% to 69% of pregnant women report having back pain, however as few as 32% tell their doctor about their symptoms.

Why?

Women have been told that it is normal.

Pain is *not* normal. It signals that something is wrong.

We have recently found that many pregnant women suffer from pain in the pelvis, tailbone, and pubic region. This comes from misalignments in the spine and pelvis, and as the strain on the body increases, inflammation sets in.

In the back pain study, 17 pregnant women underwent chiropractic treatment including spinal manipulation. The results showed that *94% of the cases demonstrated clinically important improvement.*

This study suggests that chiropractic treatment is safe and effective for pregnant women and reduces their pain intensity.

It is time to stop suffering.

We do not twist or "crack" our patients. Care is comfortable *and* gentle. You and baby will be glad you came to us.

Reference: *Journal of Midwifery and Women's Health*, 2006, Jan-Feb.