

Treatment after birth

Birth can be traumatic for both mother and baby, and Osteopathy can be beneficial at helping both to recover.

Mother

The mother's pelvis is vulnerable to lasting strains from the forces involved, particularly after a difficult delivery. Some of these strains can have a profound effect on the nervous system, and may contribute to fatigue.

After giving birth, the body not only has to recover from the changes it made during pregnancy, but also from the effects of delivery. All this as well as the physical and mental demands of caring for a new baby. Caring for a baby can place enormous strain on the back, during such activities as nursing in poor positions, lifting car seats in and out of the car, reaching over the cot, or carrying a child on one hip.

Unresolved childbirth stresses in the mother may contribute to ongoing back and period problems, stress incontinence, constipation, headache and discomfort in later pregnancies.

Osteopathic treatment can help the mother return to normal, physically and mentally, after birth by releasing strains from both pregnancy and labour. This allows her to relax and enjoy her new baby.

Baby

The baby can suffer long-lasting effects from the moulding process during birth, and an osteopathic check up is recommended. (See Osteopathy for Children Brochure).

Is Osteopathy safe during Pregnancy?

Osteopaths are highly skilled and undergo a minimum of 5 years training. Gentle osteopathic techniques are very beneficial and perfectly safe at all stages of pregnancy.

Osteopathic Treatment may help

- Unsettled babies/reflux
- Breast feeding issues
- Sleep difficulties
- Ear infections
- Childhood problems
- Learning difficulties/ADHD
- Co-ordination difficulties
- Constipation/bedwetting
- Back, neck and joint pain
- Headaches and migraines
- Digestive disorders
- Period pain and irregularity
- Recurrent infection/sinusitis
- Asthma and chest complaints
- Stress, depression and fatigue
- General ill health

For more information or appointments contact:

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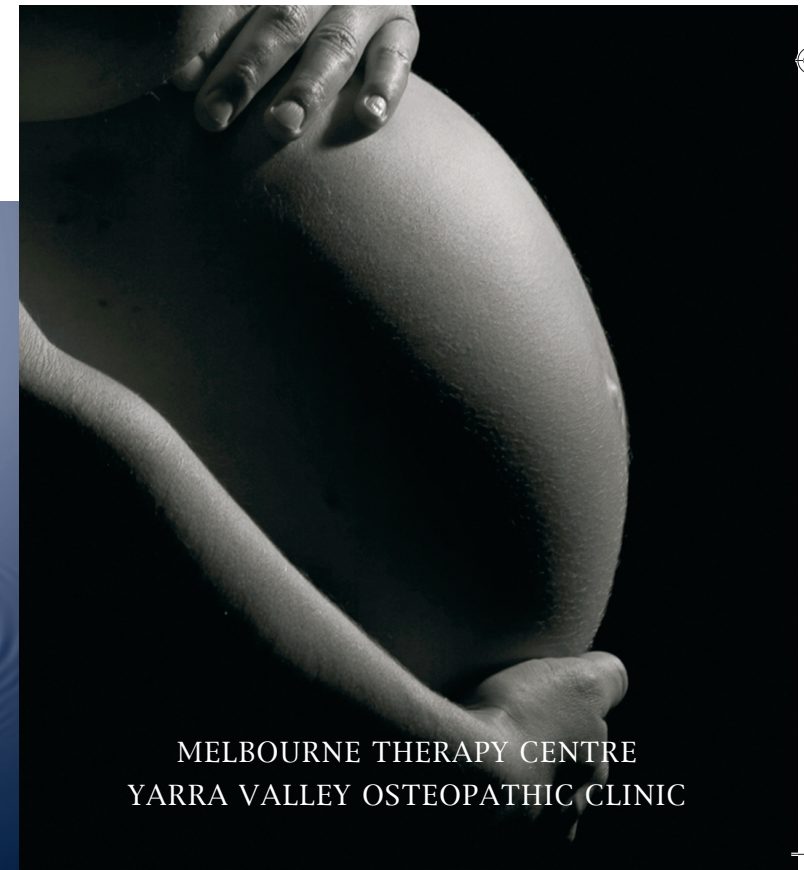
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Osteopathy during and after Pregnancy



MELBOURNE THERAPY CENTRE
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Osteopathy during and after Pregnancy

Pregnancy is a unique experience. Enormous physical, chemical and emotional changes take place over a relatively short period of time. The body has to adapt to carrying up to 9 kg of baby, fluid and placenta, which can impose physical strain on all the organs and tissues.

Osteopathic treatment can be beneficial in:

- Easing physical discomforts of pregnancy.
- Preparing for the demands of labour.
- Helping the mother to recover after birth.

Discomforts of Pregnancy

Osteopathy can help to ease some of the discomforts of pregnancy including:

Aches and Pains

Aches and pains are common during pregnancy, as the body changes shape to accommodate the increasing size and weight of the uterus. This involves considerable changes to posture. If the mother has existing back problems, or strains in her body from past accidents or trauma, it may be more difficult for her to accommodate these changes, and she may suffer more discomfort as a result.

The ligaments of the whole body soften during pregnancy due to the action of hormones. This allows the bones of the pelvis to separate slightly during the delivery to facilitate the passage of the baby's head through the pelvis. The hormones circulate throughout the bloodstream affecting the tissues of the entire body, making it more vulnerable to strain during the pregnancy.

Poor posture may cause back or neck pain, headaches, aching legs and undue fatigue. Osteopathic treatment is helpful in assisting the body to make postural changes, allowing a more comfortable pregnancy.

Nausea and Vomiting

Osteopathy can help by releasing debilitating physical strains caused by vomiting and restoring musculoskeletal harmony and balance. Treatment to improve the circulation to and from the liver can help reduce nausea.

Heart Burn

As the uterus expands, it distorts the diaphragm contributing to heartburn. Osteopathic treatment can often reduce tension and relieve heartburn.

Varicose Veins and Haemorrhoids

Tension within the pelvis or diaphragm area can increase resistance to the return of venous blood to the heart from the lower half of the body. This can cause or aggravate varicose veins in the legs and haemorrhoids.

Osteopathic treatment to release tension in the pelvis and diaphragm regions may be helpful in the prevention and treatment of these conditions.

Breathing Difficulties

Postural changes through the lower ribs and spine can impede the action of the diaphragm and make breathing difficult. Osteopathic treatment to improve function of the whole rib cage allows full use of available lung capacity.



Position of the baby

As the baby grows and takes up more space within the abdomen there is less space for him/her to move about, and the baby finds its own preferred position. The mother's posture has to adapt to accommodate the position of the baby, and if this conflicts with her own musculoskeletal demands it may cause undue aches and pains. This is the reason that one pregnancy may be much more uncomfortable to carry than another.

The baby generally settles in a head downward position and facing backward with his/her spine curled in the same direction as the mother's spine. This puts the baby in the most advantageous position for passing through the birth canal during labour. If the pelvis and uterus are correctly balanced and aligned this may also allow the baby to have an optimum position for childbirth.

Preparation for Labour

An important part of preparation for childbirth is to ensure that the mother's pelvis is structurally balanced and able to allow the passage of the baby down the birth canal.

Trauma to the pelvic bones, coccyx or sacrum at any time in a mother's life can leave increased tension in muscles and strain within ligaments and bones of the pelvis. This can limit the ability of these bones to separate during labour, and thus limit the size of the pelvic outlet.

Osteopathic treatment is extremely effective at releasing old strains within the pelvis, thus giving the best chance of an easy and uncomplicated labour.