

## Interesting Quotes

Editorial Staff

### Chiropractic in the 9th Month of Pregnancy

"As your baby descends into your pelvic cavity, you may feel sharp, stabbing pains at the base of your spine or in the middle of your pelvic bone, making it uncomfortable twinges of "pains and needles" in the cervix itself. Pain may radiate down your back or thighs. The increased pelvic aches and pains are likely due to the relaxation and stretching of your pelvic ligaments in preparation for labor. You can ease these discomforts by changing positions. Exercise gently every day; take long, slow walks or ride a stationary bicycle. If you cannot exercise without pain, consult your doctor. He or she may be able to recommend a chiropractor experienced in working on pregnant bodies, who may be able to give you some gentle pelvic adjustments to get your hips back in the balance. It is our personal theory that chiropractic care in pregnancy can help to avoid or relieve back pain and also prepare your back and pelvic structures for the stresses of labor and birth."

The 9th Month. William Sears, MD, Martha Sears, RN. Parenting, June/July 1997.

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