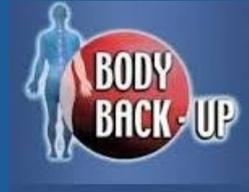


Osteopathy & Pregnancy



Osteopathy &
Sports Injury Consultancy

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A unique experience



Pregnancy is a unique experience for every mum-to-be!

Many changes take place in the body, both physical and emotional, to which the body has to continually adapt, including after the birth.

Osteopathy during & after Pregnancy

Osteopathy is a safe, drug free treatment that can be highly beneficial during and after pregnancy.

Body Back-Up Osteopaths are highly skilled and use gentle "hands-on" techniques such as soft tissue release and articulation, which are perfectly safe at all stages of pregnancy.

Through treatment, advice and gentle exercise we can:

- Ease some of the physical discomforts of pregnancy such as back ache, sciatica and pubic symphysis pain.
- Help prepare Mum's body for the demands of labour
- give postural and exercise advice to help Mum to protect herself.
- Help Mum's body to physically recover after the birth.

Osteopathy during Pregnancy



In an ideal world, the body would adapt and mould freely to the physical changes taking place during pregnancy.

In reality pre-existing stresses and strains can inhibit this adaptation process.

Osteopathy can help address and resolve some of these stresses and strains to make pregnancy more comfortable. Using muscular release, gentle articulation and exercise Osteopathy can help:

Relieve aches & pains such as back & neck ache

Normal pregnancy hormones cause ligaments throughout the body to soften to help it prepare for labour.

Unfortunately, this softening also makes the body vulnerable to overstrain and puts more demand on the muscles as they have to work harder to compensate for the lack of support from the softer ligaments.

This can lead to a variety of aches and pains as well as increasing feelings of fatigue.

Address pre-existing stresses & strains

Poor posture or pre-existing trauma can lead to spinal stiffness which can inhibit the body's ability to take on its new shape.

Pubic Symphysis pain

This is often caused by the increased demand on the pelvis coupled with the softening of ligaments due to the normal pregnancy hormones.

Relieve Pelvic strain & tension

During delivery the pelvis bones must move apart slightly to accommodate the baby's head. Undue muscular or postural strain on the pelvis can make this more difficult, often resulting in greater levels of discomfort. Osteopathy can help to minimise these strains.

Tailored stretches & exercises

Stretches and exercises are an excellent way to keep the pregnant body flexible, strong and mobile, helping to minimise discomfort.

Keeping strong and flexible can assist the muscles in coping with the increased demands caused by postural changes and natural weight gain.

Osteopaths can advise on specific stretches and exercises, tailored to the individual's needs and postural requirements.

Osteopathy After Delivery

Osteopathy can be effective in helping both mother and baby to recover from the birth.

- After giving birth the body has to recover both physically and emotionally as well as adapt to the needs of a new born baby.
- Many physical demands are placed on the body in the natural course of caring for the baby, such as lifting the baby, bending over cots and breastfeeding.
- Through treatment and exercise Osteopaths can help the body to return to its natural shape as quickly as possible and can advise on sitting postures and lifting techniques.



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