

PREGNANCY



PATIENT OSTEOPATHY PARTNERSHIP

- EXPLORE
- EMPATHISE
- EXPLAIN
- ENGAGE
- EXERCISE

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 your body for the demands of labour.

We can give postural and exercise advice to help you protect yourself and help your 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 all assist with the pregnancy journey.

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.

Osteopathy after Pregnancy

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.



For information and appointments:

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