



How Chiropractic Care Helps with Back Pain During Pregnancy

While many women automatically assume that pregnancy and back pain go hand in hand, they are often surprised when they discover that this is not necessarily the case. In fact, chiropractic adjustments can often help relieve persistent back pain for pregnant women by as much as 85%.



Research Proves Chiropractic Helps With Back Pain and Pregnancy

We've worked with many pregnant women suffering from back pain in our Gresham office.

A research study published in *Chiropractic & Manual Therapies* involved 115 women who were pregnant (most of which were in their third trimester) and reported pain in their lower back region, pelvic area, or both. Data was gathered prior to the study, as well as one week, one month, three months, and one year after treatment commenced. At each follow-up, the participants were asked to rate their level of pain based on a 7-point scale to determine whether it was better, worse, or stayed the same. The results?

More than half reported that their pain was better after one week of chiropractic treatment. After one month, that amount jumped up to 70 percent, climbing even more to 85 percent

showing improvement at the three month mark. Positive effects were still reported at six months post-treatment, which was generally after delivery, and continued to the final data collection one year after treatment commenced.

There are also many additional advantages of chiropractic care during pregnancy. Not only does it efficiently ease back pain, but it does it in a completely natural and non-invasive way. This means that you don't have to worry about taking any drugs or undergoing any type of treatment that could potentially harm your unborn child.

Dr. Ramsey Can Help Patients Find Comfort From Back Pain During Pregnancy

Furthermore, it makes your time spent carrying your baby more pleasant. When you're not distracted with pain, you can enjoy the experience even more as you prepare your home and your life for all of the fun and exciting changes that lie ahead.

You don't have to suffer from [back pain during pregnancy](#). We're here in Gresham to help with natural chiropractic care. Give us a call today at (503) 667-6744 to make an appointment.

Peterson CK, Muhlemann D, & Humphreys BK. Outcomes of pregnant patients with low back pain undergoing chiropractic treatment: a prospective cohort study with short term, medium term and 1 year follow-up. Chiropractic & Manual Therapies 2014;22(15):doi:10.1186/2045-709X-22-15.