Dear Sheryl,

Congratulations on your newborn bundle of joy! While this is an exciting time, it is important to realize that after pregnancy and birth your body will, again, undergo many changes. Your center of gravity changes, hormonal levels change, your breasts produce milk and change in size on a daily basis, tissues shrink, tissues heal, you walk differently and so on. Your body is considered “postpartum” from a biomechanical perspective for one full year. That means that the relaxin hormone, although no longer being produced in your body, still has an effect on the ligamentous structures in your body, specifically your joints, spine, and pelvis. This is our major concern. If your spine is not functioning properly due to subluxations (misalignments) and the relaxin hormone levels are now going down, those subluxations can become chronic problems.

Often due to the changes in ligaments, you don’t have the strength in your joints like you had before pregnancy. This can cause your sacrum (tailbone area) to still feel unstable, and your pubic bone area to be sore. You may fatigue easier, experience difficulty taking steps forward, or have one leg turn out to the side. You may experience sciatica pain that you thought was gone part way through your pregnancy. On top of all that, you are managing to care for a new baby, and maybe a toddler or other children, with a shortage of sleep, no real exercise, and more than average levels of stress. Failure to restore normal biomechanics and tissue health may result in health problems, possibly with future pregnancies, not to mention, make it difficult to care for a newborn. If you had a difficult or traumatic delivery, your spine and pelvic joints have even more challenges to overcome. Rest assured, these challenges can be overcome.

Chiropractic adjustments quicken recovery time, assist the body in normalizing overall pelvic and spinal biomechanics, and help you overcome the postural issues created by taking care of your new baby. Our office is experienced in the care of pregnant and postpartum women and can show you the best position to sit, tips for posture when nursing, how to lift your baby in and out of car seats and cribs, and recommend other healthcare providers that could assist you in your life with baby. Yes, this is a time that we are focused on that new baby and who wouldn’t be? Remember, though, to give your baby your very best, you need to take good care of yourself, too. Call our office today to get your post-partum checkup, along with a complimentary exam for your newborn! Newborns simply need to be checked for subluxations to start out on the right path to health and wellness! We would love to see you again and meet your new baby!

Yours in Health,

Dr. Timothy M. Kelly, DC