

Osteopathic Techniques used to Treat for Pregnancy

Osteopathy is a 'hands on' manual therapy and one of the oldest approaches to treatment of injuries in the joints, muscles ligaments, fascia and tendons. Treatments take into account how the whole body moves and adjusts to pain. Osteopaths work with the patient to facilitate good structural alignment, tissue health and organ functions that will alleviate pain and prevent symptom re-occurrence. Osteopathy aims to improve the patients' long-term health and vitality. For example, Osteopaths can treat effectively before and after pregnancy to help with various conditions.

Pregnancy and Osteopathy - Can a C-Section be avoided?

For pregnant women or women hoping to become pregnant in the future or who have young babies or children, Osteopathic treatment is necessary! In this wave of natural holistic healthcare that is upon us, people today are asking more questions and learning more about their own healthcare than ever. Through the treatment of natural therapies most women hope for a natural birth.

Why is it then that some women stop dilating half-way during birth? An



Osteopathic dysfunction may be present within the lumbar spine preventing the communication of the spinal cord to the pelvic musculature to dilate completely. A dysfunction maybe present within a vertebral articulation or along the pathway as the nerve and blood flow needs to pass

by/under/around muscles, organs and/or a baby in order to allow for a vaginal birth to occur as nature intended. Osteopathic treatment may help to prevent this type of circumstance from occurring. Osteopaths treat for function, improving the state of health so that the body can work optimally.

Don't fret if you have had a c-section --- we can treat your scar too! And it should be treated manually (hands-on). The tension that builds up around scar tissue can be extreme and wide felt but it can be treated! Talk to your local Osteopath for other conditions that can be treated.