Osteopathy and Pregnancy

Question: I am 7 months pregnant, and have noticed that I have become clumsy, dropping things, and my lower back aches all the time. My knees ache as well. I feel as if my body is falling apart. Can osteopathy help me? A friend of mine said she got #exercises and #treatment from your clinic. How can it help me?

Answer: First of all congratulations on your pregnancy. Your body is going through a big transformation in preparation for the birth of your baby. Pregnancy can cause the release of hormones into the body, which create more elasticity in the ligaments that hold your joints together. This is nature’s way of preparing your body for the arrival of your baby. The new elasticity takes some getting used to, explaining the symptoms that you describe as “clumsy.” Your lower back is also having to adjust to the weight of your baby, and you may find yourself with more curvature in your lower back.

An osteopath will check your spine and treat you. The treatment is gentle and safe. Your osteopath will advise you about posture and ergonomics including sleeping position. Gentle exercise will be recommended to support your structure during this very special time in your life. If you would like to consult an osteopath at our clinic please call 04 3487366.