

HEALTH INFORMATION SHEET: PREGNANCY & OSTEOPATHY

The following information is from Osteopathy Australia

Osteopathy is a manual healthcare that is proven to be a gentle and effective therapy for mothers and babies.

Your osteopath aims to assist the natural process of pregnancy and birth. By maximising your body's ability to change and support you and your baby with minimum pain and discomfort. Your osteopath will carefully select the best treatment techniques to assure your safety and comfort.

Osteopaths assess and treat many common complaints associated with pregnancy and the post-natal period.

These include:

- lower back pain and sciatica
- aching legs or feet
- numbness and tingling in the hands
- neck, shoulder or middle back pain
- shortness of breath
- incontinence
- poor sleep

BODY CHANGES DURING PREGNANCY

As your pregnancy progresses the extra weight creates a shift in your body's centre of gravity to adapt to a growing baby.

While the baby grows and develops some women experience back pain, sciatica, insomnia, shortness of breath, swelling, high blood pressure and fatigue.

Your osteopath can help you with managing these symptoms through gentle physical treatment and also through advice on lifestyle, exercise and self-help techniques for you to use during pregnancy and labour.

BIRTHING AND BEYOND

The process of birth is regulated and influenced by many factors which are hormonal, physical, emotional and environmental. Osteopathic care can positively assist in the management of many of these influences.

Osteopaths provide you with advice and support for many aspects of your care and can assist you in your planning and work in an integrated way with your other health providers.

The physical treatment provided by Osteopaths can assist with your pain management and also to ensure optimal spine and pelvic mobility and alignment to assist you in your birth preparation. The physical treatment provided by your Osteopath can help your nervous system to relax and also improve your breathing mechanics which is important during labour and birthing and also for C Section delivery.

After the birth, your osteopath can assist you to prevent or manage problems like pelvic and low back strain, pelvic floor weakness, post C section pain, pubic pain, leg pain, incontinence, interrupted sleep and fatigue.

For more information on Osteopathy go to [Osteopathy Australia](#)

To make an appointment with one of WHRIA's osteopaths, please call WHRIA 1300 722 206