

Shropshire McTimoney Chiropractic Ltd is run by Avril Sanders Royle, an established chiropractor who has been in practice since 1984.

They operate from two sites:

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The Natural Health Centre has chiropractors available six days a week in a busy multi-disciplinary complementary health centre. Avril Sanders Royle is available on Mondays Wednesdays and Thursdays at Rock House. All chiropractors in the Group are graduates of the McTimoney College of Chiropractic and are registered with the General Chiropractic Council.

For any further information contact
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Chiropractic Care during Pregnancy

- ⊙ Correct vertebral misalignment with gentle and effective adjustments for pain relief.
- ⊙ Help ensure correct pelvic alignment prior to labour.
- ⊙ Maximise nerve impulses, which may help all organs including the uterus.
- ⊙ Help facilitate recovery after delivery.

The McTimoney technique is also particularly appropriate for new babies. Studies have shown that babies with colic have benefited from chiropractic care.



Self Help.

It is even more important to take care posturally during pregnancy. Remember that if you bend to pick up something as small as a letter from the hall floor, you should bend your knees not your back. You are also lifting your upper body and your unborn child. The stresses on the low back are massive.

PREGNANCY



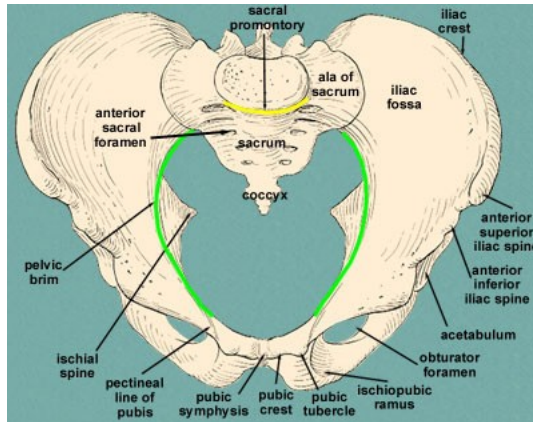
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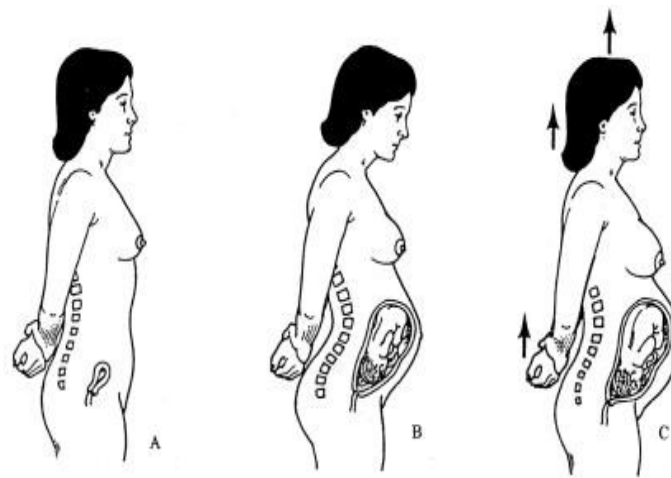
Introduction

The McTimoney technique is a type of chiropractic that is relatively gentle. Chiropractic care is recommended for all, but is especially needed during pregnancy because of the many changes taking place in a woman's body.



Chiropractic care before pregnancy.

- Realign the skeleton.
- Improve the nerve and blood supply to the reproductive organs.
- Remove subluxations (minor misalignments) of the cranial and facial bones—restoring the delicate balance between the nervous and endocrine system.
- Realign the pelvis to ensure that there is the optimum space for the baby.
- Treatment is beneficial to the male partner, since it provides optimum health for conception.



A non pregnant, B incorrect posture, C correct posture

Changes during pregnancy.

The most obvious are the physical changes of shape and size. These lead to postural changes, which may cause problems. There are also hormonal changes which also have effects on the skeletal frame of the woman.

During pregnancy, oestrogen, progesterone and relaxin are produced. There is evidence that oestrogen and relaxin can affect connective tissue, with associated posterior pelvic pain and pelvic joint instability as well as pubic symphysis pain in the 3rd trimester. This is due to the hormones causing ligamentous laxity which is necessary for labour, but can also have adverse effects on some joints.

Five main postural changes.

- 1) Increased lumbar lordosis. Because of the additional weight at the front, the woman leans back with the upper body, curving the low back inwards. This can strain the vertebral, sacroiliac and ilio femoral joints causing back pain.
- 2) The angle of attachment of the sacrum is increased.
- 3) Increased mobility of the joints (esp. the pelvis), lead to alteration of gait. As the uterus expands there is increased pressure on lumbo-pelvic nerve roots causing pain and/or tenderness in the sacroiliac region. This may also affect the attachments of piriformis and gluteus maximus muscles, producing pain in the buttocks and backs of the thighs.
- 4) The feet turn outwards, the arches flatten and weight bearing shifts towards the heels.
- 5) As the rib angles change because the gut is pushed upwards, and breasts get heavier, there is increased pressure on the thoracic spine.

