

Osteopathy during and after Pregnancy

Maternal Care

Pregnancy is a precious, exciting and sometimes scary time for women. Your body is undergoing physical, hormonal and emotional changes that can feel out of your control. Osteopathic treatment aims to support the Mother throughout this time by helping her cope with those changes. Treatment can reduce the effects of any pre-existing problems, reduce the pain and discomfort due to postural change and prepare the pelvis for the birthing process.

Neck and Shoulder Aches

A rapidly changing posture with weight gain at the front of the body in the abdomen and breasts can pull on the neck and shoulders. Osteopathy can provide relief from these symptoms.

Low Back and Pelvis Pain
Caused by changing shape, weight gain and ligament softening hormones. Treatment helps you cope with the changes and stay mobile.

Carpel Tunnel Syndrome
Osteopathy improves fluid drainage from the limbs reducing swelling that leads to pins and needles in the hands.

Indigestion and Breathlessness
Treatment allows the ribs and spine to open up accommodating the growing baby. This reduces pressure on Mum's diaphragm so she can breathe and digest more easily



Giving the Baby Space
Osteopathic treatment aids the uterus in growing freely by reducing the effects of any previous strains in the pelvis, back and abdominal muscles

Pubic Symphysis Dysfunction (PSD)

The front joint of the pelvis softens and can cause pain often aggravated by walking. Osteopathy helps take the strain off the pubis to minimise discomfort.

Post Partum Care

Osteopathic treatment and exercise advice helps Mums to readjust following the birth as both natural and caesarean deliveries can be traumatic to the pelvis and to abdominal muscles. Osteopathy also helps the body adjust to the postural strains caused by breast-feeding and carrying and lifting the baby.