

Common Conditions in Pregnancy Treatable by OMM

Back pain

Pelvic pain

Acid reflux

Shortness of breath

Poor circulation/leg swelling

Headaches

How?

The pregnant woman undergoes large physiological shifts. While necessary for the forming fetus, these shifts can cause significant discomfort and pain.

A center of gravity that is steadily shifting to the front causes an increased curve in the low back, which places more pressure on the base of the spine and on the pelvis. Moreover, the ligaments attaching the uterus to the pelvis can strain, causing both pelvic and low back pain. Gentle OMM can alleviate this pain, without resorting to aggressive articulations.

The expanding uterus pushing up against the diaphragm limits a full breath. OMM can remove restrictions to ribs and across the diaphragm, helping to alleviate shortness of breath. With a diaphragm that moves easier, acid reflux is not as much a problem.

Blood volume increases dramatically during pregnancy, an average of 50%. The increase in volume along with hormonal and structural changes challenges circulation of the blood. With the hormonal changes that make the blood easier to clot, a superficial or a deep vein thrombosis (DVT) may form. OMM removes restrictions to blood and lymphatic flow, helping with leg swelling and possibly averting a blood clot.

Headaches in pregnancy may be a result of increased strain on the body frame causing tension headaches. This is a problem usually very amenable to OMM. With a focus on improving blood drainage from the skull, migraine headaches also typically improve.

Make an appointment by calling (828) 348-0411. Or email info@stillpointosteopathic.com