

Ask How We at Spinal Logic Chiropractic can help relieve your low back pains without the use of drugs or surgeries!

## Pregnancy and Low Back Pain—Why Me?

I have never met a woman that made it through her pregnancy and didn't experience low back pain. Think of it like strapping a 20 pound weight to your abdomen and walking around for a few months.

As your body changes during pregnancy, your back must work in new ways. This can be painful if your back isn't prepared. Back pain is due to many causes. Physical changes to your body can strain your back and its supporting muscles. Also, hormones increase during pregnancy. This can affect how the muscles and joints work together. All of these changes can lead to pain.



### Late pregnancy



**Abdominal muscles** stretch as the baby grows.

**Nerves** may be pressed as the baby grows or shifts position.

**Pelvic ligaments and joints** loosen and become strained.

The spine is the column of bones that runs down your back. It has three curves: the cervical, thoracic, and lumbar. These curves support your body and help you keep your balance. Muscles in your back and abdomen brace and support the spine. Muscles in your buttocks, pelvis, and thighs work with your spine to let you twist, bend, and lift.

During pregnancy, changes in your body affect your back and posture. Your body's shape and size change, making your muscles work harder. As the body prepares for childbirth, hormones cause pelvic muscles, ligaments, and joints to loosen. This can lead to pain. These changes may also cause you to use poor posture (positions that strain the spine). Over time, poor posture often results in back pain.

Back pain during pregnancy can be difficult to manage because most medications cross the placental barrier and will harm the developing fetus. Chiropractic care is a wonderful alternative because it's effective in treating low back pain without the use of drugs or surgery. See the next page for more information on chiropractic care during pregnancy.