



## **Osteopathy and chiropractic**

- Osteopaths and chiropractors view your skeleton as the main supporting framework of your body, similar to “scaffolding”. Trauma, disease or accidents, and conditions such as pregnancy, which place extra pressure on your skeleton can cause misalignment of your framework, leading to tension on organs and other parts of your body.
- Treatment involves manipulation of joints, ligaments and bones to restore and maintain balance between nerves, muscles and the skeleton. Osteopaths use techniques, including massage, to help joint mobility and re-align your skeleton and attached organs. Chiropractors concentrate more on joint position and perform manipulation of spinal joints, generally without massage.
- Osteopathy or chiropractic in pregnancy can relieve “morning sickness”, backache, sciatica and groin or pubic pain, headaches, migraine, heartburn, carpal tunnel syndrome (wrist pain) and chest and rib pain. There are also special techniques which help to turn a breech baby. Chiropractic can treat children with asthma and infants with colic, and cranial osteopathy is wonderful for fractious babies or hyperactive children.
- If you have treatment before pregnancy, tell your practitioner if you think you may be pregnant, as it may be inappropriate to treat you in the early weeks. If you have high blood pressure (pre-eclampsia), take aspirin routinely to prevent complications, or are taking anticoagulant drugs or have a clotting disorder, osteopathy and chiropractic are contraindicated.

Always inform your midwife if you are receiving osteopathy or chiropractic during pregnancy