

❑ **Pregnant female with severe low back pain**

This mother came to us at her wits end! She was experiencing a tremendous amount of discomfort and we were able to get her back on her feet to give birth to a healthy baby boy, who is now one of our 'chiro-kids'!

Based on a referral from my husband, I went to see Dr. Jonathan because of severe pregnancy-related back pain. With 6 weeks to go, I have been in extreme, unrelenting back and abdominal pain for the last two months. Traditional modalities have not provided any relief and I was unsure of chiropractic treatment.

Dr. Saunders took the time to clearly explain what chiropractic treatment involved and what I was to reasonably expect in my situation. He gently adjusted my spine, which has finally provided great relief; so much that I may consider a third child!

Dear: Dr. Saunders

-M.K.

❑ **Want Research?**

The effects of chiropractic treatment on pregnancy and labor: a comprehensive study. Fallon J. Proceedings of the world chiropractic congress. 1991; 24-31.

The hormonal changes that occur during pregnancy can change the shape of the spinal curves and overall posture which can affect organ systems. In this study Dr. Fallon describes her work with 65 women who received chiropractic care from at least the tenth week of pregnancy through labor and delivery. These women experienced mean labor times significantly reduced compared to controls. Women who were primagravidae (first pregnancy) who received chiropractic care averaged 24% shorter labor times than average for primagravidae women. Women who were multiparous (had had at least one child prior) averaged 39% shorter labor times versus controls.