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## Chiropractic Brings Better Birth Outcomes

Chiropractic during pregnancy is an important part of prenatal care. Unfortunately, not enough women know of the benefits of chiropractic care both for themselves and their unborn baby. A woman's body undergoes an amazing amount of changes during pregnancy. As her baby grows her musculoskeletal system must adjust accordingly to accommodate the growing uterus and prepare for delivery. Chiropractic care helps her body to stay aligned as these changes occur and also helps to keep the nervous system functioning at its optimal level. Many pregnant women experience low back pain, hip pain, and pubic symphysis. These discomforts are the result of the stresses put on the body by the rapid growth of the baby and the changes the body must undergo to accommodate those adjustments. As her belly gets bigger, the woman's center of gravity changes. Many pregnant women experience low back pain, hip pain, and pubic symphysis. These discomforts are the result of the stresses put on the body by the rapid growth of the baby and the changes the body must undergo to accommodate those adjustments. As her belly gets bigger, the woman's center of gravity changes.

The uterus is connected to the pelvis by ligaments: the broad ligament, the uterosacral ligaments, and the round ligaments. Like a hot air balloon tethered to the ground, these ligaments work to keep the uterus in the proper place in the pelvis and allow support as the uterus grows to accommodate the growing [baby](#). If the pelvis is subluxated, these ligaments can become torqued. When the ligaments are affected, they directly affect the position of the uterus which can result in the baby not being in an optimal position. This type of situation may result in a breech baby or a transverse (sideways) baby. Besides increasing a pregnant woman's comfort level, an aligned pelvis can result in a quicker, safer, and easier [birth](#). When a baby is in breech or transverse position a cesarean section is almost always performed. Because they are so common many people forget that a c-section is a major abdominal surgery and can be risky. Helping the baby to get into a proper head-down position by balancing the pelvis and ligaments helps to avoid c-sections due to baby positioning.

### Dr Terry Notaras

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Dr Terry Notaras is a Doctor of Chiropractic and Doctor of Osteopathy. He is registered as a Chiropractor and Osteopath with the Chiropractic Board of Australia and is a member of the Chiropractors Association of Australia. Dr Notaras is also an Associate Member of the Australasian College of Chiropractors.

Dr Terry Notaras has lived in the local area for 39 years and has been in private practice for 28 years. He has served on the Executive Committees of the Chiropractors Association of Australia.

Dr Notaras has looked after the health of some of the world's best professional Golf Tour. He has also looked after the Olympic Cycling Squad as well as many other elite athletes. This background allows the technique used at Southern Spinal Care to be the latest and the most effective in the world.

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