



SOUTHERN SPINAL CARE

Dr Terry Notaras
Chiropractor
Osteopath

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 26 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 golfers on the Professional Golf Tour. He has also looked after the Australian 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.

Suite 1
104 Railway Parade
Kogarah NSW 2217

T 9588 5504
F 9588 3042
E southernspinalcare@bigpond.com
W www.southernspinalcare.com

Healthy Spine. Healthy Life.



Issue 3, February 2011

Pregnancy & Difficult Births

Recent research reporting on a woman experiencing a difficult birth adds to evidence that chiropractic can play an important role in helping pregnant women who experience difficulty during the birthing process.

The research, reported in the *Journal of Pediatric, Maternal & Family Health - Chiropractic*, includes a review of the literature on labour difficulty known as *dystocia* and the role of complementary and alternative health care providers during the birth process.

"Research is revealing that chiropractic care is extremely beneficial before, during and after the birth process, helping the mother enjoy a healthier pregnancy, a more normal delivery and giving the child a better start in life", stated Dr Jeanne Ohm, Executive Director of the International Chiropractic Pediatric Association (ICPA) and one of the co-authors of the study.

"Study after study is showing that a Chiropractor is an indispensable part of the birthing team", added Dr Ohm.

Research has shown that a number of things can interfere with the normal delivery of a child. Despite widespread education and efforts to curb dangerous birthing interventions such as caesarean sections, their use remains high and a concern amongst health care advocates is growing. The concern centres around the use of high-risk interventions for 'convenience' of the doctor or mother without taking into consideration the long-term effects of a traumatic birth on the child.

"We see this shocking increase in the number of interventional procedures during birth when there are alternatives such as the use of chiropractors and midwives working collaboratively with obstetricians to allow the mother and child to have a normal birth. We need to take advantage of the advances in childbirth delivery that have come about", stated Dr Justin Ohm, co-author of the paper.

As pointed out in the paper, Chiropractic can play a beneficial role during the birth process in cases where the mother is experiencing some type of distortion or twisting of her pelvis and related musculature that is interfering with the delivery process.

"The goal is for the mother to be checked prior to the time of delivery so that these problems can be corrected beforehand and a difficult labour avoided", remarked Dr Joel Alcantara, Director of Research for the International Chiropractic Pediatric Association and lead author of the study. Alcantara added, "while this is only a single case study, it shows what can happen when Chiropractors, Midwives and Obstetricians work together for the benefit of the mother and child - everyone benefits".

Spinal and pelvic distortions, termed 'subluxations' by Chiropractors, result in structural and neurological interference to the spine and nervous system. It is this interference that can interfere with the birth process and make it more difficult than necessary. At Southern Spinal Care we use techniques that are both gentle and effective in correcting or reducing this interference.

The mother that the study is based on experienced difficulty during her home birth and after 34 hours the decision was made to have her Chiropractor examine and treat her. Within half an hour of a chiropractic adjustment to reduce subluxation of the pelvis, the birth progressed rapidly and she gave birth to a healthy child.

www.southernspinalcare.com

* * *

This article contains extracts from Illuminate by The Australian Spinal Research Foundation.

FREE Holiday Offer!

To celebrate Christmas and the beginning of a new year we would like to offer you the gift of good health! Simply give us a call and mention this newsletter and we will book you in for a **free spinal assessment**. Offer expires 28/02/2011.

We understand your need for effective, gentle and natural health care. Our service is prompt and we work towards a personal and caring approach to each client.