



# Osteopathy and Pregnancy

a safe and gentle approach to pre-and post-natal care

Your osteopath can help prevent or manage a wide range of pre- and post-natal conditions and work with your LMC or other health professional as needed.

Osteopathy is a safe and effective method of manual therapy for mothers and babies. Your osteopath carefully selects the most appropriate treatment to suit you as an individual and to ensure the safety and comfort of you and your growing baby.

During pregnancy, your body undergoes many dramatic changes, many of which can put extra stress on your body. Some women experience back pain, pelvic pain, sciatica, shortness of breath and a range of other discomforts which your osteopath may be able to help with.





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Your osteopath's aim is to assist the natural process of pregnancy and birth, maximising your body's ability to change and support you and your baby with a minimum of pain and discomfort. As well as providing gentle hands-on treatment, your osteopath can offer advice on ways you may be able to manage these symptoms.

Optimal pelvic mobility and alignment is important for the birth, and your osteopath is able to help with any musculoskeletal strains that may affect the process. After the birth, your osteopath can assist with problems like pelvic, back or neck pain, pelvic floor weakness or a range of other discomforts you may face as a result of the birth or caring for a newborn.

Your baby may also benefit from osteopathy - ask your osteopath about how they could help.

For further information and to find an osteopath near you visit [www.osteopaths.nz.co.nz](http://www.osteopaths.nz.co.nz)



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