

## **After pregnancy I have significant lower back pain. What causes this and can you help?**

The back undergoes many physiological changes with pregnancy and delivery. There are hormonal changes, increased laxity to ligaments, increased body weight, and an increase in forward curve of the lower back. Many women may experience back pain as these changes occur. Chiropractic adjustments will improve overall health by improving body functions as well as normalize nerve flow. This may be noticed during the delivery (ie. faster and more comfortable). The delivery process itself causes much change to the pelvis and surrounding ligaments and connective tissues. If the pelvis or lumbar spine does not realign symmetrically post partum the new mother can experience even more significant back pain. Chiropractic treatment prior, during and after pregnancy can be very safe and beneficial to the new mother.