

The Breakthrough Research All Women Need To Know About

Research Press Release: Chiropractic care *does* impact pelvic floor control



The results are in, the research report has been approved for publication [1], and we thought you'd like the scoop. This is big news for women and for chiropractors alike!

- Chiropractic care *can* have an impact on pelvic floor muscles.
- Pregnant women who received chiropractic care had a greater ability to relax their pelvic floor muscles at rest.
- This relaxation of the pelvic floor muscles may mean that chiropractic care could be of benefit to pregnant women, as it may help them have a natural vaginal delivery.

Why this study matters. Your pelvic floor muscles are integral to the birth process, and to the prevention of incontinence and other issues, which makes this an exciting piece of knowledge for chiropractors and for women receiving chiropractic care.

Chiropractic care may actually enhance your chances of having a natural, complication free childbirth. This is better for both mother and baby.

"If we can have uncomplicated, natural vaginal delivery without drugs and intervention, the baby is better off and the woman is better off. This study we have just done suggests chiropractic care can help women by relaxing their pelvic floor muscles." Neuroscientist and Chiropractic Researcher Heidi Haavik

Pregnancy, childbirth and aging can put these muscles through their paces. Across the world, millions of women suffer from incontinence and related conditions, contributing to a massive emotional, physical, social and financial costs and stress.

1. Pelvic floor functional changes with spinal manipulation in pregnant and non-pregnant women: A pilot study. JMPT 2016. In Press.

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