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By making this information available, the University of Colorado Hospital and The Center for Integrative Medicine do not promise or guarantee the effectiveness of this integrative therapy. For any serious conditions, we recommend that you contact your physician before trying any new therapy.

UNIVERSITY OF COLORADO HOSPITAL
THE CENTER FOR INTEGRATIVE MEDICINE

PRENATAL MASSAGE, CHIROPRACTIC AND ACUPUNCTURE

University of Colorado Hospital
UNIVERSITY OF COLORADO HEALTH

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PRENATAL MASSAGE, CHIROPRACTIC AND ACUPUNCTURE:

The providers at The Center for Integrative Medicine are experienced in a variety of specific prenatal techniques. They will choose which techniques to use based on your specific needs and concerns. Our therapists are skillfully trained to work with patients with serious medical conditions and pregnant patients as well.

Massage, chiropractic and acupuncture services should not be used as a substitute for Western prenatal care, but rather a complementary care that can provide many benefits.

PRENATAL MASSAGE THERAPY

"Therapeutic massage" refers to a range of therapies using touch to encourage relaxation while also promoting physical healing. Therapeutic massage has been used for centuries to improve overall health, reduce stress and relieve muscle tension.

Studies show that massage therapy performed during pregnancy can reduce anxiety, decrease symptoms of depression, relieve muscle aches and joint pains and improve labor outcomes and newborn health. Furthermore, the massage is tailored specifically to the needs of pregnant women and their changing bodies.

PRENATAL CHIROPRACTIC

Chiropractic care is health maintenance of the spinal column, discs, related nerves and bone geometry without drugs or surgery. It involves the art and science of adjusting misaligned joints of the body, especially of the spine, which reduces spinal nerve stress and therefore promotes health throughout the body.

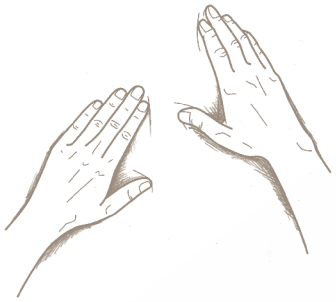
During pregnancy, there are several physiological and endocrinological changes that occur in preparation for creating the environment for the developing baby that could result in misaligned spine or joints. Chiropractic care during pregnancy can help with pelvic balance and alignment to ensure there is adequate room for the developing baby. This can in turn help the baby to get into the best possible position for delivery and potentially prevent a cesarean delivery.

PRENATAL ACUPUNCTURE

Acupuncture is a form of Chinese medicine that has been practiced for centuries. The belief is that energy, called chi, flows through and around your body along pathways called meridians and when something blocks or unbalances your chi is when illness occurs. Acupuncture is a way to unblock or influence chi and help it flow back into balance by putting very thin needles into your skin at certain points on your body.

Studies have shown acupuncture to be effective for stress, morning sickness, hip and low back pain, breech position, mild to moderate depression, labor induction, and shortening the length of labor. Acupuncture may also help with fertility. Studies show that acupuncture can increase the chances that assisted reproductive technologies will result in a live birth by 10 to 15 percent or more.

A 2002 study conducted at the Women's & Children's Hospital at Adelaide University in Australia on the safety of acupuncture for nausea in early pregnancy verified that there is no increased risk of congenital anomalies, miscarriage, stillbirth, placental abruption, pregnancy-induced hypertension, preeclampsia, premature birth, or normal measures of neonatal health (such as maturity or birth weight) when women receive acupuncture during pregnancy.



Massage therapy can be very effective at relieving negative muscular symptoms associated with pregnancy.

MASSAGE THERAPY



Keeping the spine aligned can help the entire body work more effectively as the nervous system is the master communication system to all the body systems including the reproductive system.

CHIROPRACTIC



Acupuncture can be a safe, comfortable and cost effective treatment for many of the problems that commonly develop in pregnancy.

ACUPUNCTURE