

Prenatal Massage, Chiropractic, Acupuncture, Mind/Body Therapy



Prenatal massage, chiropractic, acupuncture and mind/body therapy.

The providers at the Integrative Medicine Center are experienced in a variety of specific prenatal and post-partum 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/post-partum patients as well.

Massage, chiropractic, acupuncture and mind/body therapy services should not be used as a substitute for Western prenatal care but rather as 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, improve labor outcomes and promote newborn health. Furthermore, the massage is tailored specifically to the needs of each pregnant woman and her changing body.

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, reducing spinal nerve stress and promoting 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 illness occurs when something blocks or unbalances your chi. 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, 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.



Mind/body therapy.

Mind/body therapy refers to interventions that emphasize the connection between our mental health and physical health. During pregnancy and post-partum, mind/body therapy can help with the following: adjustment to pregnancy and parenthood, stress management and relaxation, prevention/treatment of depression and anxiety, pain-management techniques that can be used during labor and delivery and fostering an overall sense of wellness during pregnancy. Interventions include mindfulness meditation, relaxation techniques, cognitive-behavior therapy and biofeedback. We offer individual and group therapy services for pregnant women.

Massage therapy.

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

Chiropractic.

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.

Acupuncture.

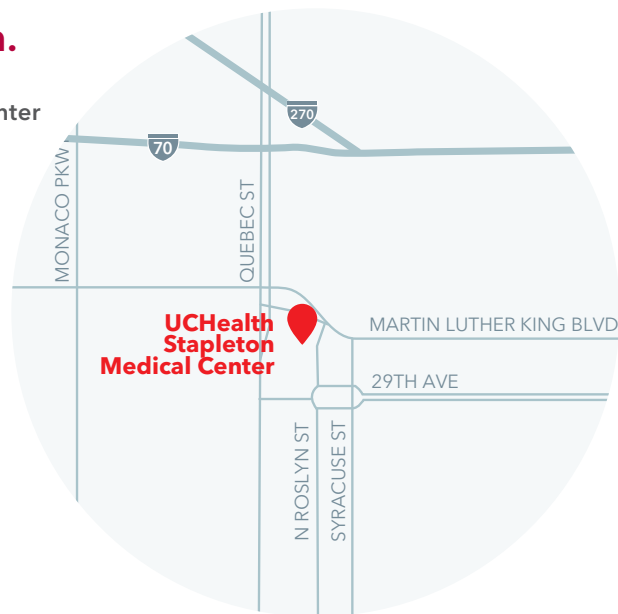
Acupuncture can be a safe, comfortable and cost-effective treatment for many of the problems that commonly develop in pregnancy.

Mind/body.

Mind/body therapies use the following techniques: relaxation training, mindfulness meditation, cognitive-behavioral therapy and biofeedback.

Contact information.

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By making this information available, UCHealth and the Integrative Medicine Center 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.

Learn more at uchealth.org