

## Your Neuromuscular and Biochemical Changes During Pregnancy

As the baby grows, your body goes through a series of structural changes.

- You release the hormone Relaxin that loosens your ligaments to accommodate your ever growing Little Sprout.
- Your back begins to arch altering the pull on the muscles that support your spine and your center of gravity shifts forward
- Your head must flex forward to adjust to the backward stance you take.
- Your sacrum and coccyx (tailbone) begin to lift to make room for the baby's descent.
- Your back muscles do more work while your abs are 'decommissioned.'
- Your pelvis and legs are bearing the pressure of more weight and your wider stance
- The nerve roots of your lumbar and sacral spine which form your sciatic nerve are stretched.

### Chiropractic Treatment of Your Body's Changes

- Gentle Chiropractic Adjustments using the Activator Methods
- Stretches and Exercises to keep you balanced and mobile
- Nutritional Suggestions to aid in maintaining optimal energy levels and reducing stress levels