Before seeing a chiropractor while pregnant

Use these steps from the article to make chiropractic care in pregnancy as safe as the evidence allows.

- [ ] Tell the midwife or obstetrician about chiropractic care before the first visit.
- [ ] Ask for obstetric clearance first in a twin, multiple or other higher-risk pregnancy.
- [ ] Tell the chiropractor the week of pregnancy, any complications and the maternity team names.
- [ ] Ask how much experience the chiropractor has with pregnant patients before booking.
- [ ] Check that pillows, wedges or a pregnancy table keep all pressure off the abdomen.
- [ ] Ask about low-force techniques and discuss the risks for each area of the spine.
- [ ] Postpone the visit when bleeding, cramping, leaking fluid or pre-eclampsia is present.
- [ ] Review the plan when back or pelvic pain does not improve after a short trial of care.
- [ ] Ask the obstetrician about external cephalic version when the baby is breech near 36 weeks.
- [ ] Seek urgent maternity care for bleeding, severe belly pain, reduced movement or severe headache.

Notes

For general education only. Not a substitute for professional medical advice.