



# Hilton Chiropractic

## Welcome to the Hilton Chiropractic & Pregnancy Community!

Congratulations on making a worthwhile investment in your family's wellbeing. This resource contains information about how we strive to support your health during and after your pregnancy.



**TALK TO US**

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# Back pain & Pregnancy

2 out of 3 women experience lower back and pelvic pain during pregnancy

## Low Back Pain and Pelvic Girdle

- Up to 90% have LBP during pregnancy
- Can continue post partum:  
6 months - 3 years
- Risk factors include previous LBP
- S.I. joint pain+/-Pubic symphysis - AKA "Lightening Crotch"
- Difficulty walking, standing
- Risk factors: - Family history  
- Time standing  
- Increase age  
- Parity & Weight

## Other Conditions that may be helped

- Neck Pain
- Mid Back Pain
- Meralgia Paresthetica
- Carpal Tunnel Syndrome
- Pain Education
- Plantar Fasciitis
- Post Partum Neck/Shoulder
- Post partum return to exercise
- Post partum Muscular Skeletal pain
- Reflux/Heartburn
- Pain associated from breast feeding

Changes to the female body whilst growing a baby are normal, but pain doesn't have to be.

## Solution

Chiropractic care can help manage lower back and pelvic pain along with the right kind of **exercise program (yoga, pilates, gym)**.

Pregnancy hormones cause **ligament laxity** & physical changes that make treatment a bit different. We use a variety of **gentle traction, mobility work & exercises** that help stabilise and support the body through the pregnancy journey. Make sure whoever you see has an understanding of the importance of this.





# Chiropractic

At Hilton Chiropractic we use a variety of **gentle hands-on treatments**, and work with your changing body. We aim to help you manage pain, keep you active and **support you** through your journey.

## Ideal Treatment modalities:

- Flexion - Distraction
- Activator
- Muscle work
- Dry needling



## What can I expect after Treatment Will I be sore?

**Your comfort** is important to us as well as your health and helping you with your symptoms. We will try and make your experience as comfortable as possible. However, some treatments can be a bit uncomfortable. According to research, 1 in 3 people will be sore after a treatment. This will often be mild aches or 'pains' and won't last more than 24-48 hours.

Most often you will not see the results immediately, and **that is okay**. What we are more concerned about initially is your **functional improvements**. This means your **strength, flexibility, coordination**, etc. These are things we can more **objectively measure**. We will tell you about what we are looking for in your **report of findings**.



# Our Complimentary Adjustments

From 36 weeks, Hilton Chiropractic offer one **complimentary adjustment** per week for our **established patients**.

We aim to help you manage any pain, keep you active and support you through your pregnancy right through to the final week.

## Post Natal and Infant Care

We offer our existing patients a **complimentary check** for **you and your new baby** on your first visit after the birth.

It is important to check that your infant has the best start possible. We initially **just assess your infant** unless there is a need for further care.

Our goal is to help you return to your pre-pregnancy life as smoothly as possible. And help you hit your goals.

Chiropractic has been known to help infants with **sleep issues, colic and restlessness**. We are happy to have a chat if you have any questions.

## Connect with us digitally!



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