



## **New Zealand Research Suggests Pregnant Women May Benefit From Chiropractic Care**

Pregnant women may benefit particularly from chiropractic care, according to the results from a recent pilot study in New Zealand. To be published in the Journal of Manipulative and Physiological Therapeutics, the results show that chiropractic adjustments of pregnant women appear to relax the pelvic floor muscles at rest.

The relaxation of the pelvic floor muscles, which have active roles in pregnancy and childbirth, could be a benefit to pregnant women, ultimately assisting them in having a natural vaginal delivery.

There were no changes documented in the adjusted non-pregnant comparison group, finding the expectant mothers to be a unique effect in pregnancy.

Source: <http://prwire.com.au/short-link/new-zealand-research-suggests-pregnant-women-may-benefit-from-chiropractic-care#.VvmPRSqtu6Y.facebook>