



THE BELLERIVE QUAY
HEALTH HUB

HOLISTIC WELLNESS CENTRE

ANTENATAL OSTEOPATHY



During pregnancy many changes occur in the body. Extra weight causes a shift in the body's center of gravity and hormonal changes cause softening of ligaments of the back and pelvis and affect soft tissue tone. A combination of these factors can put additional pressure on the joints and ligaments of the spine and pelvis.

Common complaints during pregnancy are lower back pain, sciatica, pelvic pain, carpal tunnel, insomnia, swelling, high blood pressure and fatigue.

Osteopathic treatment involves using the hands to diagnose, treat and prevent illness and injury. During a treatment osteopaths move your muscles and joints using techniques including stretching, gentle pressure and massage. Treatment addresses restriction in joints and myofascial strain patterns to improve mechanical function and reduce pain.

Osteopathic treatment can assist the natural process of pregnancy and birth maximizing the body's ability to change. Treatment helps to support a patient through the various changes of pregnancy and after birth minimizing pain and discomfort and the need for medication.

Treatment is safe and gentle for the mother and baby and the comfort of the mother is always taken into consideration. Because osteopaths have a range of gentle treatment styles patients can be treated throughout these various stages with good outcomes.

Call 6122 0150 or email reception@yourhealthhub.com.au
to make an appointment.