



Pregnancy and Birth

Pain free

EMPOWERED BIRTH METHOD



Hello There

When it comes to your birth, you want someone who has lived it and helped hundreds of women just like you.

We are chiropractors specializing in prenatal and postnatal care, passionate about helping families thrive. As parents of four, living on a farmette and homeschooling, we embrace outdoor adventures and fostering wellness. It's inspiring to see families prioritize health to create a healthier next generation.

We believe a child's health journey begins during pregnancy. Significant changes in nutrition, stress management, and birth experiences influence a child's well-being. Beyond pregnancy, we promote health through breastfeeding, nutrition, stress management, toxins, and more.

You're here now, pregnant, and seeking support to manage or prevent aches and pains. Let's kick that pregnancy pain to the curb for a healthier, more comfortable pregnancy!

Drs. Nichelle and Antonio Gurule
Owners and Doctors at Live Loud Chiropractic



“up to 50% of women have pregnancy low back pain”

Pregnancy can lead to various aches and pains due to the significant changes our bodies undergo to support the growing baby.

Low back pain is the most common complaint, affecting up to 50% of pregnant women. Society often normalizes this pain as a part of pregnancy, leading only 21% of women with back pain to seek medical advice. This results in fewer women receiving care for an issue that can often be resolved effectively.

The primary cause of low back pain in pregnant women is structural changes. As the baby grows, the additional weight pulls the body forward, increasing the curve in the lower back and placing extra stress on the intervertebral disks and facet joints.

Research indicates that 84% of pregnant women who seek chiropractic care for lower back pain experience significant relief. This is crucial because women with back pain during pregnancy are 3x more likely to experience back labor. Studies also link chiropractic care to a decreased incidence of back labor.

Back labor, often described as extremely painful, occurs when the back of the baby's head presses against the spine and sacrum instead of the baby's face. This position can make childbirth more painful and prolonged, increasing the risk of complications and interventions.

In addition to back pain, pregnant women may experience symphysis pubic dysfunction, sacroiliac (SI) pain, midback pain, rib pain, and abdominal pain. However, there are many ways to alleviate and prevent these discomforts.



The Cliff Notes for a Pain Free Pregnancy:

01

POSTURE



Our sitting, standing, lifting, and sleeping habits can greatly affect pregnancy-related aches and pains and even influence the baby's position. Focus on maintaining a wide base of support with your feet, use a back support in your chair, and avoid rib flaring and arching your back.

02

CHIROPRACTIC CARE



Improving the balance of your spine and muscles improves your body's overall function. During pregnancy, this balance not only enhances your comfort but also ensures your baby has optimal space to move into the ideal position.

03

PRENATAL STABILITY REHAB



During pregnancy, there is often an emphasis on stretching, while stability and strength training are overlooked. When women hear "strength training," they often think of heavy lifting in the gym. However, we're referring to building the strength necessary for better overall function.

04

PRENATAL MOBILITY REHAB



When you see the word "mobility," don't just think of stretching! It includes movements, foam rolling, trigger point muscle work, and more. Mobility work can help manage imbalances that may be causing discomfort.

05

MOVING MORE



Including more movement in your day helps keep your body feeling good. Aim for a 20 min walk each day and if time allows add in a few prenatal strength and mobility rehab to your routine.

ACTION ITEM:

There are a lot of things you can do, which means it can feel overwhelming. Start with one thing that feels easy, then look to your next goal.



01. Posture

Posture is often discussed in relation to our overall health and longevity, but during pregnancy, it becomes crucial to be mindful of your positioning.

Poor posture may not only contribute to your discomfort but also significantly affect your baby's position.

Maintaining proper posture can be challenging as your core tires easily, but by recognizing our habitual patterns, we can make meaningful corrections. Incorporating stability and strength exercises can further help your body stay aligned and support a healthier pregnancy.

WHERE TO START

- ✓ Back Support in Chairs and Car
- ✓ Strengthen the glutes and engage the core.
- ✓ Sleep with a knee pillow and wedge
- ✓ Ditch any heels and go for a wide-toe box shoe
- ✓ Stand in a split stance to avoid over arching your low back

ACTION ITEM:

Assess your seated posture and make steps to correcting the angle of your pelvis and the space between your ribcage and pelvis.



01. Postures

1 Seated posture (at work, in the car, at home)

This is HUGE! When seated we commonly slouch, especially when pregnant and our core is tired. Try the following to see how it changes your posture:

- Add in back support in your office chair and car (Our Favorite Back Support: Back Vitalizer)
- Stop crossing your legs and sitting cross-legged
- Stop working in bed or on the couch
- Sit with a wide base of support

2 Standing Posture

Often women stand with a significant low back curve and a rib flare. This puts a lot of stress on the joints and ligaments. Try the following to see how it changes your posture:

- Stand with a wide stance
- Stand with a split stance
- Tune into your pelvic and core engagements

3 Sleep Posture

Sleep is tough when pregnant due to the recommendations of side sleeping and then the laxity in our joints combined with the pull of the belly as we get farther along.

- Sleep balanced
 - Knees in line (knee pillow)
 - Knees at the same angle (knee pillow)
 - Bump supported (pregnancy wedge)
- If side lying hurts, if you are under 28 weeks you can sleep on your back. If you're over 28 weeks, you can lay a pillow behind your back and aim for a 45-degree angle. This can alleviate the hip pain.

01. Postures

Slouched Posture



This posture often **leads to**:

- Mid back pain
- Low back pain
- SI pain
- Abdominal discomforts/pains

Additionally, such posture can negatively affect your baby's position. It reduces the space between the ribcage and pelvis and causes the pelvis to tilt backward (posterior pelvic tilt). These changes limit space for the baby, potentially resulting in a posterior position, commonly referred to as "back labor" or "sunny side up."

GREAT Posture



This posture often **alleviates + prevents**:

- Mid back pain
- Low back pain
- SI pain
- Abdominal discomforts/pains

Maintaining this posture also optimizes baby positioning. The proper pelvic angle and increased space between the ribcage and pelvis allow the baby to move freely and settle into the best position for both mother and child.



02. Chiropractic Care

WHAT DOES CHIROPRACTIC DO FOR PREGNANCY:

- ✓ **Alleviates Pelvic Pain:** By ensuring proper pelvic alignment, chiropractic care can relieve discomfort in the pelvic region, making it easier for pregnant women to move and stay active. Psst... but also alleviates low back pain, midback pain, pubic bone pain, rib pain, and more!
- ✓ **Improves Fetal Positioning:** Proper alignment of the pelvis creates optimal space for the baby to move into the best position for birth, potentially reducing the risk of breech or posterior positions.
- ✓ **Eases Labor and Delivery:** By promoting pelvic alignment and function, chiropractic care can help make the birthing process smoother, potentially leading to shorter labor times, fewer complications, and a more comfortable delivery experience.
- ✓ **Enhances Nervous System Function:** Chiropractic care can improve nervous system function, which may help with overall health and wellness during pregnancy, supporting both the mother and the developing baby.

Note: Seeing a prenatal chiropractor early in pregnancy and starting consistent care by 20 weeks is ideal for the best pregnancy and birth outcomes. Addressing body imbalances early ensures better results. Last-minute visits won't offer the same benefits. Ongoing chiropractic care helps reduce aches and pains, optimizes baby positioning, and can lead to shorter labor times.

ACTION ITEM:

Find a perinatal chiropractor in your area through ICPA4kids.com or local Facebook mom groups.



03. Prenatal Strength Rehab

Here are the top movements to incorporate daily into your prenatal routine to manage or prevent midback pain, pubic bone pain, low back pain, SI pain, and rib pain. Remember, focusing on mobility exercises, maintaining good posture, receiving chiropractic care, and staying active will all greatly enhance your well-being. Click on the movements for a demo!

✓ GLUTE BRIDGES

✓ LATERAL BANDED WALKS

✓ SUPPORTED SQUATS

✓ GOOD MORNING

✓ SPLIT STANCE DEADLIFT

✓ BANDED ROWS

✓ REVERSE FLY

✓ BANDED LAT PULL DOWNS

ACTION ITEM:

Start by adding two of these movements to your daily routine. To build the habit, try pairing them with your toothbrushing routine.

04. Prenatal Mobility Rehab

The goal of mobility is to create balance in your body. Imbalances can cause pain, affect baby positioning, and impact the birthing process. Click on the movements for a demo!

If you are hypermobile, flexible, or "double-jointed," we recommend focusing on a dynamic mobility routine rather than static stretches. Additionally, minimize hip openers like the 90-90 hip stretch and child's pose. Your body likely benefits more from trigger point muscle work and stability exercises. If you're unsure, reach out to our team at Live Loud Chiropractic.

✓ CAT/COW

✓ THREAD THE NEEDLE

✓ RELAX PELVIC FLOOR

✓ TRIGGER POINT BALL MUSCLE WORK (GLUTES, MIDBACK, LOW BACK).

✓ CHILD'S POSE

✓ HIP FLEXOR STRETCH

✓ 90-90 HIP STRETCH

✓ MODIFIED COUCH STRETCH





05. *move better | move more*

MOVE BETTER

In everyday life, you may be able to get away with poor movement patterns, but during pregnancy, the changes in your center of gravity and increased joint laxity make proper movement essential.

Common movement issues to be aware of include:

- ✓ **Extending the Back:** Overarching the lower back, leading to increased lumbar strain.
- ✓ **Flexing the Back:** Hunching or rounding the lower back, causing discomfort and poor alignment.
- ✓ **Rib Flaring:** Allowing the ribs to jut out, disrupting core stability and posture.
- ✓ **Rounding of the Midback:** Slouching or collapsing the upper back, which can lead to mid and upper back pain.
- ✓ **Pelvic Tilting:** Improperly tilting the pelvis forward or backward, affecting balance and alignment.



05. *MOVE better | MOVE more*

MOVE BETTER

Common movement issues to be aware of include: (continued from previous page)

- ✓ **Locking the Knees:** Standing or walking with locked knees, reducing mobility and increasing joint strain.
- ✓ **Uneven Weight Distribution:** Favoring one side of the body, causing muscle imbalances and joint stress.
- ✓ **Poor Foot Alignment:** Walking with feet turned out or in, leading to hip and knee pain.
- ✓ **Lifting Improperly:** Using the back instead of the legs to lift, risking injury.
- ✓ **Neglecting Core Engagement:** Failing to activate core muscles, which can lead to instability and increased pressure on the back.



05. *MOVE* better | *MOVE* more

MOVE more

Movement during pregnancy is crucial for reducing aches and pains as it helps:

- Improves circulation
- Maintain flexibility
- Strengthen muscles

All of which can alleviate discomfort in the back, hips, and joints. Regular physical activity also supports better posture and body alignment, reducing the risk of muscle imbalances and enhancing overall comfort. Additionally, staying active can improve mood, energy levels, and overall well-being throughout pregnancy.

Research all supports regular exercise in pregnancy:

- Reduces Cesarean section rates
- Helps maintain appropriate maternal and fetal weight gain
- Management of gestational diabetes.

If you need support in moving better or guidance on the best movements to include during pregnancy, connect with our team!

American College of Obstetricians and Gynecologists (ACOG) recommends: healthy pregnant women should workout five days a week at moderate intensity for 30-minutes.





Connect With Our Team

We hope you will start to implement all these tools so you can thrive in your pregnancy and improve your birth journey!

Our team is here to help guide you on this incredible journey!

Do you want to get out of pain and have your dream birth?

Text or Call us to get \$200 OFF Your Initial Consultation

303-717-6323

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Here's to a beautiful and empowering pregnancy,

Drs. Nichelle + Antonio Gurule