

## Osteopathic Medicine Tips for Pregnant Women

Changes in the body as a result of pregnancy can be uncomfortable at best. Some pregnant women have turned to osteopathic Medicine to relieve the pain associated with the evolving physical growth during pregnancy, like lower back pain or nausea and circulatory conditions. In addition, osteopathic treatment may maximize the body's ability to handle the latter stages of pregnancy with postural adjustments. Osteopathic Physicians may also direct pregnant women on proper breathing techniques as part of a complete approach. Follow these steps to learn more.

At first, a complete Osteopathic Physical examination with the proper manipulative treatment is required to liberate all dysfunctions from the body to allow the pregnant woman to maintain a healthy lifestyle all along the pregnancy.

### After the Manipulative treatment, Use Osteopathic Medicine Methods for Pregnant Women:

Osteopathic Physician will teach or guide the pregnant women on:

1. How to focus on stretching techniques that increase blood flow and improve flexibility of joints and muscles.
2. Teach the pregnant women techniques that mobilize the joints through range-of-motion exercises.
3. Teach or guide the pregnant women on soft-tissue techniques to release muscle strain and tightness by working with resistance movements to isolate specific pains.
4. Teach the pregnant women methods, which will help correct her posture during and after pregnancy as well.

### Then Pregnant Women should follow Osteopathic Medicine Tips for Maximum Comfort during Pregnancy:

5. Consider buying a comfortable and supportive mattress.
6. Maintain aerobic exercise, including brisk walking, to encourage strength and circulation for a healthy pregnancy.

7. Plan a nutritious diet. Proper nourishment is strongly encouraged for those seeking osteopathic treatments.

8. Wear flat supportive shoes. Stay away from high heels. Added pressure can further disrupt the circulatory flow to your lower extremities.

9. Keep your buttocks tucked in if you must stand for long periods of time. Reduce strain on the lower part of your spine.

10. Place a pillow under your belly to provide extra support to your back muscles while resting. An additional pillow can be positioned between your knees to alleviate back pain.

*AD: It is important that pregnant women as well as all other patients should be aware that many osteopaths in Lebanon are not medical doctors, they have anarchic training and poor medical backgrounds, they are not recognized by social health insurance, nor the health ministry and nor the Lebanese Order of Physicians; so patients, for their wellbeing, should call and verify at the LOP (Lebanese Order of Physicians) if the therapist is a certified and registered medical doctor to ensure a good medical treatment as well as a good follow-up...*

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