

## Pregnancy and Manual Therapy

Kimberly Burnham, PhD

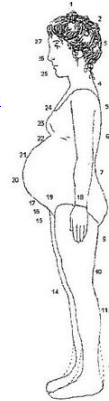
[www.KimberlyBurnhamPhD.com](http://www.KimberlyBurnhamPhD.com)

[www.TheBurnhamReview.com](http://www.TheBurnhamReview.com)

### Most Common Complaints

[www.paradisepotentials.com/classes.html](http://www.paradisepotentials.com/classes.html)

Headaches  
Insomnia  
Dizziness (Gluten)  
Back Pain  
Varicose Veins  
Water Retention  
Carpal Tunnel  
Syndrome  
Bladder  
Heartburn



Sites of Most Common Complaints in Pregnancy

1. Headaches
2. Insomnia/Nightmares
3. Fainting/Dizziness/Ringing in the Ear
4. Shoulders Compression
5. Body Odor
6. Numbness
7. Backache/Sway Back/Tripod Ligament Pull
8. Constipation/Hemorrhoids
9. Sciatica
10. Varicose Veins
11. Leg Cramps or Numbness
12. Edema (water retention)
13. Feet Changes
14. Joint Aches
15. Shooting Pains in the Vagina
16. Pubic Symphysis
17. Round Ligament Pain
18. Carpal Tunnel Syndrome
19. Bladder
20. Breast-Back Contractions
21. Stretch Marks
22. Breast Presentation
23. Breast Discomfort
24. Heartburn
25. Dryness (shortness of breath)
26. Head/Painful Changes
27. Vision Issues



### Treating Fertility and Manual Therapy

Wurn (2004) Treating Female Infertility and Improving IVF Pregnancy Rates With a Manual Physical Therapy Technique

**Conclusions:** --- studies suggests that this innovative site-specific protocol of manual soft-tissue therapy **facilitates fertility** in women with a wide array of **adhesion-related infertility** and **biomechanical reproductive organ dysfunction**.

--- The therapy, designed to **improve function by restoring visceral, osseous, and soft-tissue mobility**, is a nonsurgical, **noninvasive manual technique** with no risks.

--- It should be considered a **new adjunct to existing medical infertility treatments**.

### Fertility and Manual Therapy Treatment

Wurn (2004) Treating Female Infertility and Improving IVF Pregnancy Rates With a Manual Physical Therapy Technique

Treatments were specifically designed to address **biomechanical dysfunctions of the pelvis, sacrum, and coccyx** and **restricted soft tissue and visceral mobility** due to **adhesions or microadhesions affecting the reproductive organs and adjacent structures**.

### Pregnancy and Manual Therapy

Wurn (2004) Treating Female Infertility and Improving IVF Pregnancy Rates With a Manual Physical Therapy Technique

**Natural fertility group:** Of the **14 patients** available for follow-up (ages 25 to 44; mean, 33.5 years), **10 (71.4%) became pregnant within 1 year**, and **9 (64.3%) reported full-term deliveries**.

Three of the **9 women who delivered reported a subsequent pregnancy**, suggesting that the treatment protocol might have **lasting effects**.

**Two women have had a second live birth delivery; and the third is still pregnant.**

### Pregnancy and Manual Therapy

Wurn (2004) Treating Female Infertility and Improving IVF Pregnancy Rates With a Manual Physical Therapy Technique

**Pre-IVF group:** Of the **25 patients** available for follow-up (ages 28 to 44; mean, 36 years), clinical pregnancies were documented in **22 of 33 embryo transfers** vs the US Centers for Disease Control and Prevention (CDC) 2001 age-adjusted **expected number of 12.7** ( $P < .001$ ).

## Connective Tissue and Adhesions

Wurn (2004) Treating Female Infertility and Improving IVF Pregnancy Rates With a Manual Physical Therapy Technique

The ability of **manual therapy to affect connective tissues and adhesions** has support in the basic literature on mechanical tissue testing and connective tissue physiology and remodeling. **Specific sustained physical forces applied to a given area alter connective tissue length and mobility.**<sup>[13]</sup>

Adhesion formation occurs after **soft-tissue trauma and is caused by an inflammatory response to tissue damage.**

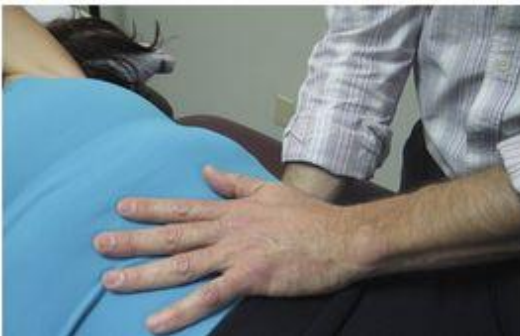
## Connective Tissue and Adhesions

Wurn (2004) Treating Female Infertility and Improving IVF Pregnancy Rates With a Manual Physical Therapy Technique

**Tissue shrinkage leads to dysfunctional movement of the area that, in turn, creates more mechanical irritation, thus perpetuating the cycle.**<sup>[14-17]</sup> These mechanical components have been proposed as the underlying **mechanism of adhesion-related pain.**<sup>[18]</sup>

## Pregnancy and Manual Therapy

[missionhillspth.wordpress.com/2008/04/](http://missionhillspth.wordpress.com/2008/04/)



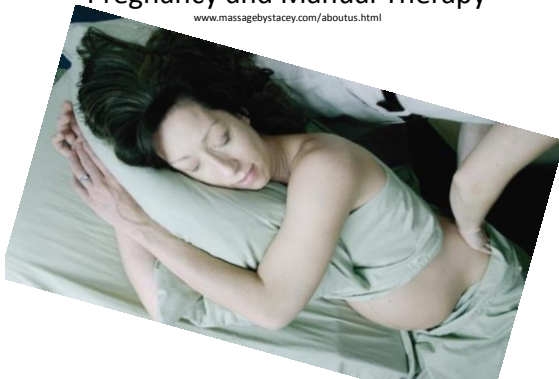
## Pregnancy and Manual Therapy

**More and more women are using Integrative Manual Therapy and other complementary medicine approaches to get healthy, get pregnant, feel great during their pregnancy and have an exceptional labor and delivery process.** Then they use manual therapy to improve the **health and development of their babies.**

A frequent complication of pregnancy, **low back and pelvic pain** is a common reason for seeking manual therapy interventions.

## Pregnancy and Manual Therapy

[www.messagebystacey.com/aboutus.html](http://www.messagebystacey.com/aboutus.html)



## Childbirth to Menopause

**Manual therapy approaches not only improve biomechanical stability and flexibility but by extension allow the women to walk and exercise pain-free during pregnancy** thereby maintaining muscle strength. Noting the benefits of osteopathic manual therapy, Tettanmbel<sup>1</sup> (2005) noted, "Integrative modes of therapy address the **body-mind-spirit continuum.** Osteopathic manipulative treatment is a valuable option for many women from childbirth to menopause."

1. Tettanmbel, M. A. (2005). "An osteopathic approach to treating women with chronic pelvic pain." J Am Osteopath Assoc 105(9 Suppl 4): S20-2. [Full Text] [http://www.jaoa.org/cgi/content/full/105/suppl\\_4/S20](http://www.jaoa.org/cgi/content/full/105/suppl_4/S20)

## Pregnancy, Yoga and Exercise

[www.synergyphysio.com.au/pregnancy\\_12.html](http://www.synergyphysio.com.au/pregnancy_12.html)



## Pregnancy & Integrative Manual Therapy

[www.CenterIMT.com](http://www.CenterIMT.com)

In a 2008 study on a 9 month pregnant woman, integrative manual therapy treatment including

- myofascial release (connective tissue),
- bone bruise technique (bone health),
- advanced strain counterstrain (circulation),
- mobility templates (mechanics and joint health)
- neural tissue tension (nervous system function),

**Resulted in an increase in uncompensated pain-free flexion and extension as well as an improvement of standing posture.**

## Integrative Manual Therapy & Back Pain

[www.CenterIMT.com](http://www.CenterIMT.com)



## Integrative Manual Therapy & Back Pain

[www.CenterIMT.com](http://www.CenterIMT.com)



## Manual therapy during Labor & Delivery

Osteopath, Lori A. Dillard noted, "treatment of the thoracolumbar and lumbosacral spine will address autonomic nervous system control as well as mechanical changes necessary for fetal descent. Mobility of the sacrum is key to allowing the fetus to progress through the stages of engagement, flexion, descent, and internal rotation for delivery." (Dillard,2003).

Dillard, L. A. (2003). "Manual therapy techniques during labor and delivery." APTA Combined Sections meeting 2003 Tampa, FL. February 12-16, 2003: [Full Text] <http://www.womenshealthapta.org/csm2003/4655.pdf>

## Pregnancy and Manual Therapy

[www.portlanddeptsuissmassage.com/services.html](http://www.portlanddeptsuissmassage.com/services.html)



## Pregnancy and Massage Therapy from Ontario Massage Therapy Association

[www.omta.com/default.asp?id=1073](http://www.omta.com/default.asp?id=1073)



## Pregnancy and Massage

[www.omta.com/default.asp?id=1073](http://www.omta.com/default.asp?id=1073)

### How massage will benefit you during your pregnancy, labor and birthing

Studies support what more and more women are discovering about massage therapy during pregnancy – it has been shown to:

- improve **maternal mood**
- decrease **depression** and **anxiety**
- decrease **pain**
- decrease **stress hormones** in pregnant women (including those suffering from depression)
- decrease **obstetrical complications**, and improve **neonatal health** and **development**.



## Pregnancy and Massage

[www.omta.com/default.asp?id=1073](http://www.omta.com/default.asp?id=1073)



-In addition, the overall benefit of **improved mood** to maternal and neonatal health has the potential to positively impact the **health of individual mothers and children**.

## Pregnancy and Massage

[www.omta.com/default.asp?id=1073](http://www.omta.com/default.asp?id=1073)



There is also evidence that massage therapy

through the labor and birthing process helps to:

- **decrease pain in all three stages of labour (latent, active, and transition),**
- **reduce anxiety** in the latent stage,
- reduce stress** during labor, and **increase the quality of your experience of childbirth.**

## Pregnancy and Massage

[www.omta.com/default.asp?id=1073](http://www.omta.com/default.asp?id=1073)



These immediate effects of massage therapy may affect other longer-term effects such as **decreased length of labor,** **shorter hospital stay,** **less touch sensitivity** and **fewer instances of postpartum depression.**

## Pregnancy and Massage

[www.omta.com/default.asp?id=1073](http://www.omta.com/default.asp?id=1073)



### Your newborn baby benefits too

Studies conclude that preterm (premature) infants receiving massage **gain more weight** and **leave the hospital sooner**. Massage therapy may also improve **sleep patterns, bone density** and **behavior in infants.**

## Cranial once the Baby is Born

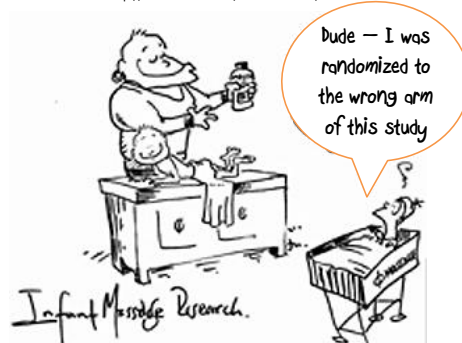
Research from the **Cranial Academy and Osteopathic Medicine** indicate the value of cranial manual therapy for babies. Osteopathic manipulative treatment or osteopathy in the cranial field (OCF) has been performed with positive result on the following conditions:

- otitis media,
- pregnancy, labor and delivery,
- seizure disorders,
- neurologic deficits, learning problems,
- dental problems,
- normalization of blood flow, and
- normalization of autonomic function.

The Cranial Academy (2005). "Clinical Research on Osteopathy in the Cranial Field (OCF)." [Full Text] [www.cranialacademy.org/researchBONE.html](http://www.cranialacademy.org/researchBONE.html).

## Pediatric Massage Therapy Studies

<http://www6.miami.edu/touch-research/>



## Once The Baby Is Born

**Viola Frymann, DO further demonstrated the benefit of cranial osteopathy in the treatment of children with learning problems (Frymann,1976), children with neurological deficits (Frymann,1992), and seizure disorders (Frymann,2005). (Cranial Academy,2005).**

The Cranial Academy (2005). "Clinical Research on Osteopathy in the Cranial Field (OCF)." [Full Text] [www.cranialacademy.org/researchBONE.html](http://www.cranialacademy.org/researchBONE.html).

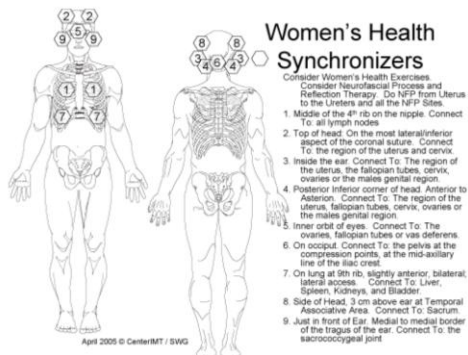
## Once The Baby Is Born

Tiffany Field (1995) and The Touch Research Institute has published extensive data on the effects of massage therapy on infants and children with various medical conditions, including premature infants, cocaine-exposed infants, HIV-exposed infants, infants parented by depressed mothers, and full-term infants without medical problems.

This data indicates **massage therapy** has resulted in **lower anxiety, stress hormones and an improved clinical course. Having parents, grandparent or volunteers give the massage enhances their own wellness and provides a cost-effective treatment for the children.**

## Pregnancy and Integrative Manual Therapy

[www.KimberlyBurnhamPhD.com](http://www.KimberlyBurnhamPhD.com)



## Integrative Manual Therapy & Back Pain

[www.CenterIMT.com](http://www.CenterIMT.com)



Before

After