
**TOTAL
CHIROPRACTIC
CARE DURING
PREGNANCY**

Helping Kids and their Families



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WHAT IS TOTAL CHIROPRACTIC CARE?

Chiropractic care, depending on the practitioner, can be a different experience than what you may have had in the past or heard about from others. Most people think it is about 'cracking' backs or neck, and that it is only helpful for back pain. Here is some eye opening information!

Chiropractic can include pre- and post-natal help, traditional methods of back relief, Craniosacral therapy, Activator and Webster techniques, and even orthotic inserts.

You can find a Chiropractor in your area who has focused their practice on the health and wellness of pregnancy, infants and families on the following website: www.icpa4kids.com. This website contains a variety of health topics, scientific studies, and links to holistic information.

METHODS OF TREATMENT

CHIROPRACTIC CARE DURING PREGNANCY CAN EASE

- broad ligament/round ligament discomfort
- pelvic/hip discomfort
- sciatica
- headaches
- back pain
- carpal tunnel syndrome
- pubic bone discomfort
- malposition of the baby
- back labor
- intensity of labor
- other complications of labor



CRANIOSACRAL THERAPY

- a soft touch technique performed on fully clothed body
- the practitioner monitors the rhythm of the head and pelvis systems to detect potential imbalances or restrictions.
- The practitioner uses techniques with no more pressure than a nickel to release those problem areas and relieve undue pressure on the brain and spinal cord.
- This technique can be applied within minutes of birth on the newborn, on children and adults of all ages.
- The result is a central nervous system free of restrictions and a body that is able to return to its greatest levels of performance.

1: Dr. John E. Upledger, DO, OMM

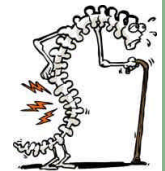
ACTIVATOR METHOD

- it is a small instrument used to realign a joint
- it is usually pain free
- it is approximately 200 times faster than the human hand
- minimal risks
- used on children, and adults of all ages
- some studies have shown it to be just as effective for the relief of pain or restrictions of joints
- used on those who have brittle bones (osteoporosis)
- no "popping" sound is heard

2: www.Activator.com

WEBSTER TECHNIQUE

- light pressure to release the ligaments associated with the uterus and pelvis
- allows the baby to get into its optimal 'head down' position
- found to be as successful as 90% when compared to the 65% success rate of medical external versions
- usually no discomfort is experienced by the mother
- performed only on pregnant mothers, usually after 30 weeks
- involves no manual adjustments or other instruments
- mother is put on her tummy (using special pregnancy pillows or chiropractic tables which make room for her belly) and then on her back for brief periods of time.



3: www.icpa4kids.com

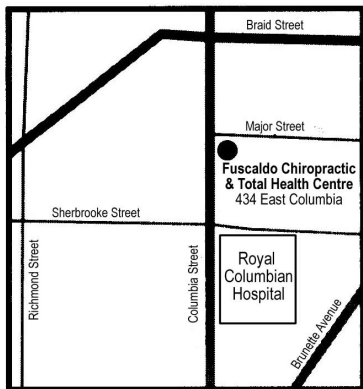
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Dr. Fuscaldo graduated from Canadian Memorial Chiropractic College in Toronto in 2002. Since graduation, she has spent time building her practice in New Westminister and has recently opened Fuscaldo Chiropractic and Total Health Centre. Two years ago she completed her Fellowship with the International Pediatric Association which increased her exposure and experience in working with pregnancy and infants, as well as overall family care. Dr. Fuscaldo involves herself with the community of New Westminister through local events such as Sapperton Days and educational seminars.

Dr. Fuscaldo's philosophy consists of overall harmony and balance of the body and the mind. She considers all facets of lifestyle in order to suggest the least intrusive changes in order to improve a patient's health. Dr. Fuscaldo offers many different techniques, allowing all of her patients the best fit for their specific



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