

The Functional Pelvis

Dr. Joella Pettigrew DC, LM

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1. Holistic pregnancy care for 13 years
2. Chiropractic, Dynamic Body Balancing and Arvigo therapy
3. Chiropractic assistance during childbirth and immediate postpartum
4. Education regarding healing pelvic floor dysfunction and diastasis recti

GOALS

1. View the anatomical female pelvis from the viewpoint of a bodyworker.
2. Increase skills in functional assessment to aid in childbirth.
3. Increase understanding of how various types of bodywork promote optimal function for the pregnant client.

Benefits of Bodywork

1. Remove joint restriction
2. Reduce muscular tension
3. Release fascial tension
4. Increase balance in strength and motion
5. Increase neurological and overall body function

Case Presentation

Jane 31y.o. G6P3

Pregnancy / Birth History

- a. 1st - Uncomplicated pregnancy. Hospital, 40wks, 10 hr labor, stuck at 10 cm, baby would not descend, double episiotomy and vacuum extraction, 4th degree tear - PP prolapse
- b. 2nd - M/C 14 wks
- c. 3rd - Preterm labor and bed rest at 30 weeks. Home, 40 wks, 4 hr labor, 2nd degree tear
- d. 4th - M/C 8 wks
- e. 5th - Preterm labor and bed rest at 27 weeks. Home, 40 wks, <1 hr labor, 2nd degree tear

Case Presentation

Jane cont.

Current Complaints/Symptoms

- Chronic low back pain
- Chronic, severe, hip pain
- Chronic digestive complaints
- Mild-moderate uterine prolapse
- Varicose veins
- Diastasis recti 3-4-5cm

Case Presentation

Jane cont.

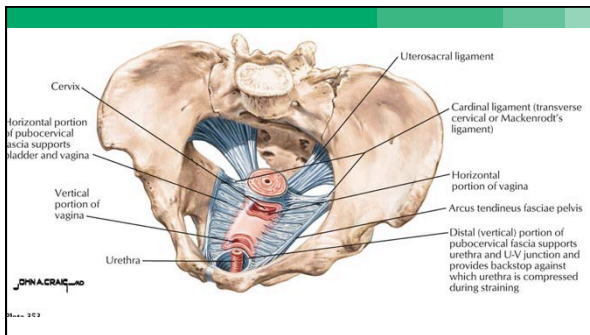
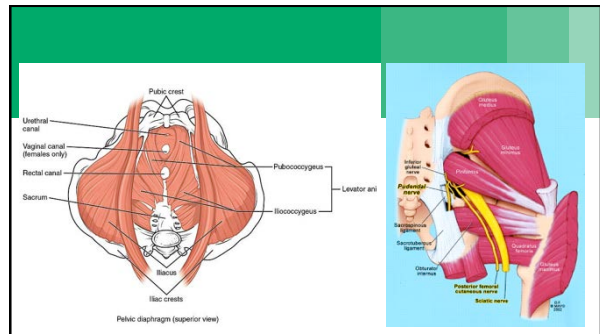
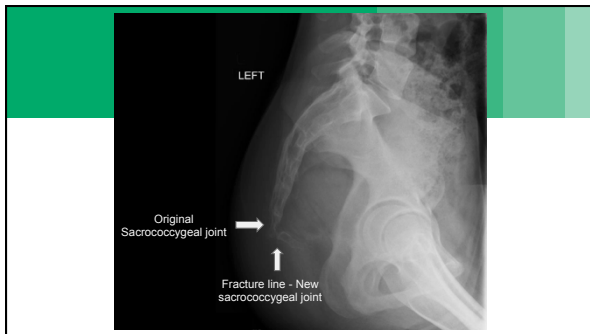
- Initial Prenatal Exam
- Initial Chiropractic exam
- M/C at 16.5 wks

Case Presentation

Jane cont.

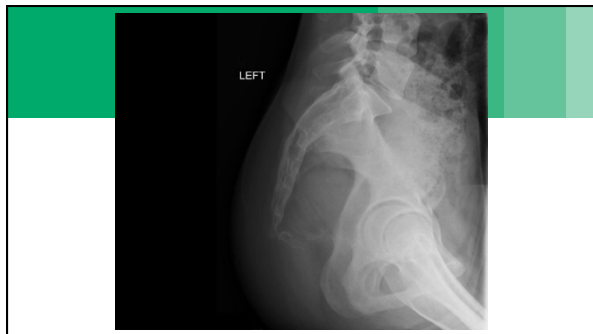
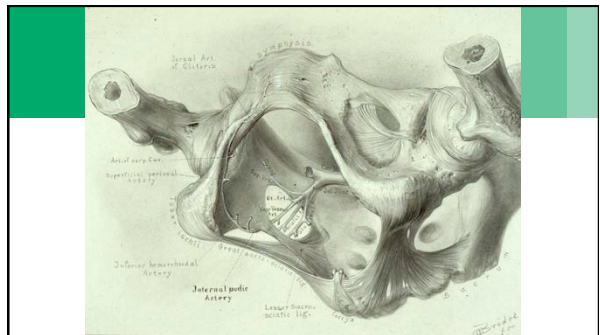
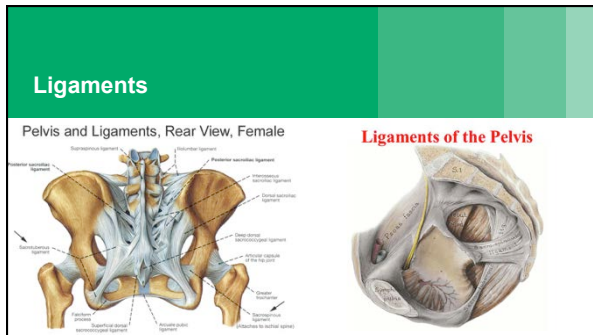
Plan for recovery and healing

- Chiropractic care
- 6 wks PP Arvigo
- X-ray



Working with Muscle and Fascia Tension in Labor

1. Manual feedback, Chiropractic
2. Side-lying stretch, buckled sacrum, psoas release
3. Movement!
 - a. Dip the hip
 - b. Asymmetrical lunges, stool, Captain Morgan's



Case Presentation

Jane cont.

- 7th pregnancy: healthy, no preterm labor, 2 hr labor at home, 2nd degree tear
- 6 wks postpartum:
 - DR 3-3-2
 - Minimal prolapse

Causes of Distortion and Dysfunction

1. Posture and Lifestyle Habits
 - a. Standing
 - b. Walking
 - c. Carrying
 - d. Sitting
2. Large amounts of inactivity, limited movement variation, and short bursts of intense or extreme activity

Summary

1. Chiropractic and other bodywork for comprehensive holistic maternity care, correcting patterns of distortion and dysfunction and preparation for childbirth.
2. Using movement and manual feedback therapy for releasing muscle and fascia tension during labor.
3. Manual assessment and release of ligament tension during labor.
4. Education on healthy posture and lifestyle habits to provide support and encourage balance during pregnancy and postpartum

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