

# VAGINAL BIRTH AFTER MULTIPLE CAESAREANS

## VAGINAL BIRTH AFTER MULTIPLE CAESAREANS FOLLOWING SUBLUXATION BASED CHIROPRACTIC CARE: CASE STUDY & SELECTIVE REVIEW OF THE LITERATURE.

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### OBJECTIVE:

To review the management of a 39-year-old woman seeking a vaginal birth after three caesarean sections (VBAC3) while under subluxeation-based chiropractic care.



### CLINICAL FEATURES:

A 39-year-old woman was referred into a chiropractic clinic for pregnancy related low back pain and to increase possibility of a vaginal birth after three caesarean sections.

### INTERVENTION AND OUTCOMES:

After referral to the chiropractic clinic the patient was assessed for an initial examination using static and motion palpation, postural analysis, prone leg checks, thermography and surface EMG. Following the initial examination, specific chiropractic adjustments were initiated using the Webster and Diversified chiropractic techniques for a total of 14 visits recommended over an 8-week time period prior to the patient giving birth. The patient made significant improvement and was able to have a vaginal birth after three previous caesarean births.

### CONCLUSIONS:

There is limited research on women attempting vaginal birth after caesarean sections and the role of vertebral subluxeation management. This study suggests positive outcomes through chiropractic care during pregnancy for women attempting a vaginal birth after caesarean section. Further studies should be done on this topic as many women have a concept of once they have a caesarean section that is the only option for future births.

## SUBLUXATION CONNECTION

*New mothers and women who have had more than one baby benefit when they are examined and adjusted to restore spine and pelvic movements. This reduces joint and nerve pressure while preparing the pregnant mom for delivery.*

