Abstract
There is growing recognition of the role that osteopathy can play in the treatment of women during pregnancy (King et al 2003; Sandler 1996; Green 2000). It is usual for the osteopathic training colleges to run a pregnancy clinic and give students the opportunity to focus on the particular changes the body will go through from a neuro-musculo-skeletal viewpoint during this unique period of a woman’s life. Also, osteopathy can help make a difference in a woman’s overall antenatal care by using gentle procedures to help alleviate many common pregnancy-related ailments. A recent literature review (Lavelle 2012) found that this included not only relief of pain for a variety of musculoskeletal conditions but also a reduction in the duration of labour and the avoidance of some complications of labour. To date, there has been less of a focus on what osteopathy can provide women postnatally; indeed, within the profession, there has been little research carried out in this area. However, many osteopaths are confident in the results they can achieve working with postnatal mothers, based on a sound working hypothesis of osteopathic principles.

PMID: 23789251 [PubMed - in process]