

What is In-Utero Constraint?

In-Utero Constraint happens when misalignments occurring in the pelvis may cause the uterus to twist and pull, tightening the muscles of the uterine wall. When this happens the baby can no longer move and may become stuck in the wrong or an unnatural position. This position may cause compression or twisting of the baby's neck and spine.

How do these positions place strain on or cause trauma to my baby's spine?



BREECH

In the breech position, the baby is being compressed and pressure from above is pushing down on his or her neck.



TRANSVERSE

In the transverse position, your baby is receiving neck, middle back and pelvis pressure or strain which may lead to postural scoliosis.



BROW OR FACIAL

In the brow or facial position, your baby has severe unnatural neck stretching which may lead to birth trauma.

Why should my baby be checked? The Doctor of Chiropractic has been trained to gently examine and care for your baby. If your baby has suffered any strain or spinal trauma due to his or her fetal position, your Family Wellness Chiropractor may be able to help avoid any long-term effects.

What does the nervous system do? The brain, spine and nerves make up the nervous system, which is the master controller of all of your infant's bodily systems.

Why should my baby receive Chiropractic Care? Any spinal strain or trauma caused by in-utero constraint or birth trauma can affect the nervous system and may result in symptoms such as: colic, reflux, earaches, constipation, torticollis, etc.