

# Mothers and Babies

## Osteopathy and you

Osteopaths consider each person as an individual. Utilising gentle techniques they will work with your body to create the perfect conditions to encourage the healing process.

[www.osteopathy.org](http://www.osteopathy.org)



British Osteopathic  
Association

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## Pregnancy

Osteopathic treatment offers a wonderfully gentle way of helping the body adapt to the changes which are taking place during pregnancy, helping to relieve aches and pains as the mother's body tries to accommodate the growing baby.

## What can Osteopathy help?

Osteopathic treatment can help with low back pain, hip and pelvic pain, neck and shoulder pain, heartburn, indigestion, SPD (symphysis pubis dysfunction), post-natal coccyx (base of the spine) pain, mid back pain due to breast feeding – to name just a few.

Osteopaths may also advise on posture and show some self-help techniques for the mother and her partner to do during labour.

The mother is usually advised to return from between 4 to 6 weeks after birth for a post-natal check-up to restore pelvic, bladder and joint function.

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## Babies

Not all babies cope well with the powerful processes of birth as they pass down the birth canal. For example mechanical stresses affecting nerve supply from the neck and head can affect the tongue causing feeding problems, or to the gastric nerves causing colic. Tension in the skull can keep the baby in an alert state so the baby has difficulty sleeping.

Cranial osteopathy is a very gentle, safe and effective form of osteopathy, and is offered to babies to help them overcome these difficulties.

Often the baby is relaxed after the treatment and sleeps well. Others become more energetic for a while but sleep well that night, whilst others may take a few days to settle after a treatment.

A baby is never too young to be treated and cranial osteopathy is also effective when dealing with toddlers who may have ear infections, sinus and dental problems, asthma and headaches. Often the best results are achieved before the age of five.



## Safe in our hands

All osteopaths must have demonstrated to their registering body – the General Osteopathic Council (GOsC) – that they are a safe and competent practitioner. Osteopaths have to train for a minimum of four years. They also have to carry out continuing professional development in order to stay registered. It is a criminal offence to call yourself an osteopath unless you are registered.



## British Osteopathic Association

The BOA ...

- is a voluntary professional association of osteopaths
- promotes osteopathy to the NHS and the general public
- speaks for osteopaths throughout the UK
- provides services for its members

Its policies are decided by an elected council, comprising practising osteopaths and a lay member.

## Mothers and Babies

You can request information about other osteopathic treatment by visiting the BOA's website or sending a stamp addressed envelope to:

British Osteopathic Association  
3 Park Terrace, Manor Road, Luton LU1 3HN

[www.osteopathy.org](http://www.osteopathy.org)