

Brachial Plexus Injury During Birth

Our birth can impact our life! A more complicated birth can mean more health complications down the road if left unresolved. It makes sense that we need chiropractic care after birth. After all, our bodies are in a much different position throughout pregnancy than they are after birth.

As a matter of fact, case studies have proven that newborns in particular who suffer birth trauma can benefit from chiropractic care. A recent study focused on one particular newborn boy who presented with minimal movement in the left arm and shoulder dystocia at 5 months old. The mother reported having a difficult labor, including forceful head and neck pulling on her baby and an episiotomy.

Upon chiropractic examination, it was revealed that the upper neck had become traumatically subluxated during birth. His palmar grasp reflexes were also revealed weaker than appropriate, indicating nervous system dysfunction. After just a few weeks of gentle and specific chiropractic adjustments, Mom reported that her newborn son had been able to get more use out of his left arm! He was also able to spend more time on his belly and less time on his back. After 2 months of care, his ability to use his left arm significantly improved. He was able to pick up larger balls with his left hand and demonstrated more interest in crawling!

Everything in our body connects through our nervous system and our spine. When we cannot perform specific movements, we can assume that something in our body is physically preventing it from happening. Chiropractic care helps out our body back where it needs to be with optimal function!



Chiropractic care following birth is one of the best ways for newborns to overcome the trauma sustained during birth and begin thriving in their health!

Rubin, D., DC, DACCP & Drumheller, K., DC. (2020). Resolution of Obstetrical Brachial Plexus Injury in a 5- Month-Old Male Following Chiropractic to Reduce Vertebral Subluxation: A Case Report & Review of the Literature. J. Pediatric, Maternal & Family Health, 50-56.



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