

Family Chiropractic

Courtesy of Harbourfront Family Chiropractic

by Dr. Warren Gage



Baby, baby!

At first, it may appear to be coincidental. You are having trouble becoming pregnant and you also have a problem with low back pain. Are they related? Can low back pain actually cause infertility? The answer to the first question may be “yes,” while the answer to the second question is more along the lines of, “The cause of your infertility may also be the cause your lower back pain.” The same nerves that control all of the reproductive organs are the main nerves to the low back area.

Many women also have problems conceiving because of a condition known as endometriosis. In fact, endometriosis is the cause for 30-40 per cent of female infertility. This condition occurs when uterine tissue, known as endometrium, attaches itself to tissue and organs outside the uterus including other reproductive organs, the bladder, and the gastrointestinal tract. While the primary symptom of endometriosis is painful menstruation, back pain may result as well.

It is imperative for you to see a health care professional when either one or both of these conditions are present. If your diagnosis is endometriosis, chiropractic care will often reduce much of the associated pain and discomfort. In addition, several chiropractic case studies have documented incidents in which infertile women have become pregnant after starting chiropractic care. When you improve nerve function, all the parts of your body function better.