

Osteopathy and Fertility

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There are many reasons that one can find it difficult to conceive, however when the doctors find nothing apparently at fault then one can feel very lost. I can never promise that through Osteopathic treatment a woman will definitely fall pregnant, however I do believe that Osteopathy can improve body stasis ensuring that it is in the optimal health to achieve implantation of an embryo.

An osteopath uses mobilisations and manipulations of the hips, pelvis, sacrum, coccyx and spine. Direct treatment is also performed on the internal organs to release adhesions within the visceral(abdominal) tissue and thus improving the mobility of the organs. It also increases circulation and removes any constraints on nerve fibers, which feed the lower viscera. Cranial Osteopathy can also be performed to treat the endocrine gland, which is involved in fertility.

In order to conceive one should be in the best physical and mental state possible and I believe that Osteopathy can help one to achieve this.

Suggested article reading:

A woman with the problem of infertility receiving Osteopathic treatment has an increased chance of becoming pregnant by Monika Kirchmayr
www.osteopathic-research.com/paper_pdf/Kirchmayr1.pdf