# Osteopathy in Pregnancy and Post-Partum

Pregnancy brings many changes to your body as it adapts to support your growing baby. Joints, muscles, and ligaments all work harder, and postural changes can place extra strain on the back, pelvis, and hips. For some women, this may lead to discomfort, aches, or reduced mobility.

As a GOsC-registered Osteopath with post-graduate obstetric training, over 30 years’ experience, and as a mum of two, I offer a gentle, hands-on approach to support your body both during pregnancy and in the post-partum period. Treatment aims to ease tension, improve mobility, and help you move more comfortably as your body adapts.

You’ll be supported throughout with bespoke pregnancy cushions, designed to keep you in a super-comfortable and safe position at every stage of pregnancy.

I am also a BMAS-trained Medical Acupuncturist, and can provide acupuncture alongside osteopathic care where appropriate — for example, to help with certain types of pain or nausea during pregnancy.

When you book, you’ll receive a case history form to complete about your health, pregnancy, delivery, and any symptoms you’d like to discuss. I’ll review this before your appointment and may ask further questions when you arrive.

The first session usually includes:
- Discussion – about your health, pregnancy, post-partum recovery, and any specific concerns
- Examination – a gentle assessment of posture, movement, and any areas of tension
- Treatment – using safe, supportive techniques to ease strain and promote comfort

Treatment is always adapted to your stage — whether antenatal or post-partum — and to what you are comfortable with. Many women also find benefit from advice on posture, exercise, and practical tips to support daily life with a new baby.