

# NST Support For Mother And Child Before, During And After The Birthing Process

## Neurosomatic Therapy

Neurosomatic Therapy (NST) is an integrative system of manual, soft tissue therapy that treats pain and dysfunction by addressing the source of the patient's condition, not just the symptoms.

## Treating Expecting Mothers

Neurosomatic Therapists treat muscles that cause common pains experienced by expecting mothers such as back and hip pain. They also do so much more to promote a natural and seamless birthing process which reduces mother's pain and discomfort and helps to ensure the safety of the child during birth. Cranial corrections support the production of essential hormones during pregnancy and birth. Treating the cranium, neck, back and ribcage releases impingements of the vagus nerve which innervates the uterus and ovaries. Balancing the mother's posture and hips helps ensure proper alignment of the birthing canal as well as allowing the mother to stay in the birthing position of her choice longer and with less discomfort.



### BENEFITS FOR PROSPECTIVE MOTHER

- Working on deep hip flexors before pregnancy will help avoid “back labor” pains.
- Treating the cranium, upper cervical muscles and reproductive organs can promote pregnancy.
- Balancing the posture and hip flexion can promote pregnancy and help the mother to carry the baby to term.
- Emotional and mental health can affect organ function, preventing pregnancy. Correcting the cranium and treating the Atlas/Axis can help regulate emotions and stress.

### BENEFITS FOR EXPECTING MOTHER

- Relieve common pains experienced during pregnancy such as low back pain, hip pain and headaches.
- Helps ensure a smooth birthing process by treating the muscles and ligaments that would obstruct the timely passage of the baby through the birthing canal.
- Helps to ensure the safety of the baby as she passes through the birthing canal.
- Promotes proper blood pressure.
- Breached baby position can be gently corrected.
- Stress and anxiety will complicate the birthing process. Cranial corrections and Atlas/Axis treatments can help regulate emotions and stress.

### BENEFITS FOR POSTPARTUM MOTHER

- Balancing the posture and treating hips helps ensure mother’s recovery.
- Relieve common pains from carrying the baby.
- Promotes proper lactation by treating the cranium (hormone production) and chest wall muscles (milk production due to TrPx and ischemia).
- Postpartum depression can be caused by hormonal and neurological imbalances. Cranial corrections and Atlas/Axis treatments can help regulate emotions and stress.

### BENEFITS FOR NEW BABY

- Correcting cranial distortions from a difficult birth, manually assisted birth or c-section is essential to ensure proper brain development.
- Colic, projectile vomiting, constipation and other digestive distress can be resolved with gentle organ work.
- Torticollis can be resolved with gentle massage of neck muscles.
- Trouble with suckling and latching can be corrected with gentle TMJ and neck treatments.



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