

## **What Your Patients Don't Expect When They're Expecting: And How to Help**

**Presented by:** Dr. Brandie E Keates

**1-hour course**

### **Description:**

In this presentation, we'll explore the unexpected challenges your patients face during pregnancy—and how you can guide them through with confidence. By integrating sports medicine principles like biomechanics, movement assessment, and functional rehab, you'll learn how to address common issues such as back, rib, and pubic pain with an athletic lens. This session equips you with practical tools to support your patients physically and emotionally, keeping them strong, supported, and empowered throughout their pregnancy journey.

### **By the end of the seminar, participants will be better able to:**

- Identify and explain common, often unexpected physical and emotional challenges experienced during pregnancy.
- Recognize and assess pregnancy-related musculoskeletal pain—such as back, rib, and pubic discomfort—through a sports medicine lens.
- Provide patient education that empowers individuals to manage discomfort, stay active, and recover confidently.
- Approach prenatal care with greater empathy and a holistic understanding of the physical, emotional, and performance-based needs of pregnancy.

### **Teaching Method:**

- **Lecture, Slides and Videos**

## Course Outline:

Time	Content
5 minutes	<b>Introduction</b> <ul style="list-style-type: none"><li>• <b>Welcome and personal background</b><ul style="list-style-type: none"><li>• <b>Share your experience as a paramedic, chiropractor, and founder of Experience Chiropractic.</b></li><li>• <b>Emphasize your focus on empowering women during pregnancy and postpartum.</b></li></ul></li><li>• <b>Overview of the presentation</b></li><li>• <b>Set the stage for discussing the top unexpected challenges during pregnancy and how chiropractic care can help.</b></li></ul>
10 minutes	<b>Section 1: The Reality of Pregnancy Pain</b> <ul style="list-style-type: none"><li>• <b>Discuss the 2013 review on pelvic pain</b></li><li>• <b>Many providers dismiss pregnancy pain as normal, but it's a common issue that deserves treatment.</b></li><li>• <b>Highlight that 50% of pregnant patients report moderate to severe pain, yet many don't seek care due to societal norms.</b></li><li>• <b>Introduce the concept of "Villains of Pregnancy"</b></li><li>• <b>Common complaints such as headaches, rib pain, wrist pain, lower back pain, and pelvic pain.</b></li><li>• <b>Explain that these issues are common but not normal and treatable.</b></li></ul>
10 minutes	<b>Section 2: Chiropractic's Role in Pregnancy Care</b> <ul style="list-style-type: none"><li>• <b>The importance of chiropractic care in treating pregnancy-related conditions</b></li></ul>

	<ul style="list-style-type: none"> <li>• <b>Chiropractic care provides unique benefits for addressing pregnancy pain and discomfort.</b></li> <li>• <b>Discuss how chiropractic supports joint function, relieves pain, and enhances overall mobility.</b></li> <li>• <b>Understanding chiropractic contraindications during pregnancy</b></li> <li>• <b>Explain safe practices and treatments for each trimester, and when adjustments may not be appropriate.</b></li> <li>• <b>Address absolute and relative contraindications in chiropractic care during pregnancy.</b></li> </ul>
<b>35 min</b>	<p><b>Section 3: The Pains of Pregnancy - Case Studies and Management</b></p> <p><b>1. Headache</b></p> <p><b>a. Anatomy, Type, Common Causes, Cautions and Emergencies, Tips for Patients and Tips for Chiro</b></p> <p><b>b. In this course, participants will explore the anatomical foundations of headaches, learn to distinguish between common headache types such as tension, migraine, and cluster, and understand their typical causes. The course will also cover critical red flags and emergency indicators that require prompt referral, ensuring safe and effective patient care. Attendees will gain practical tips for educating patients on headache management, as well as evidence-informed chiropractic strategies to assess and treat headaches with confidence and caution.</b></p> <p><b>2. Rib Pain</b></p> <p><b>a. Anatomy, Cautions, Description and Tips for Patients</b></p> <p><b>b. This course covers the anatomy of the rib cage and thoracic spine to help practitioners better understand the sources and patterns of rib pain. Participants will learn how to identify common presentations, differentiate musculoskeletal rib pain from more serious underlying conditions, and recognize red flags that require caution or referral. The course also provides clear, patient-friendly explanations and practical</b></p>

tips to help individuals manage rib discomfort safely and effectively at home.

### **3. Wrist Pain**

#### **a. Anatomy, Biometrics and Tips for Patients**

**b. This course explores the detailed anatomy and biomechanics of the wrist, helping practitioners identify common sources of pain related to movement, posture, and repetitive strain. Participants will gain insight into how wrist alignment, joint loading, and daily activities contribute to dysfunction or discomfort. The course also offers practical, easy-to-understand tips for patients to support wrist mobility, reduce strain, and prevent aggravation through simple lifestyle and ergonomic adjustments.**

### **4. Low back pain and Sciatica**

#### **a. Anatomy, Symptoms and Tips for Patients**

**b. This course will provide a clear understanding of the anatomy involved in low back pain and sciatica, including key structures like the lumbar spine, discs, and sciatic nerve pathway. Participants will learn to recognize common symptoms and patterns of sciatica and differentiate them from general low back pain presentations. In addition, the course offers practical, patient-friendly tips to support daily movement, reduce discomfort, and promote long-term spinal health through education and self-care.**

### **5. Pubic Pain**

#### **a. Anatomy, Why, Pain and Tips for Chiro**

**b. This course focuses on the anatomy of the pubic symphysis and surrounding structures to help practitioners understand the underlying causes of pubic pain, particularly during pregnancy or postpartum. Participants will explore the biomechanical and hormonal factors that contribute to instability or discomfort in this region. The session also includes practical assessment tips, chiropractic considerations, and safe, effective strategies to support and manage patients experiencing pubic pain.**

<b>5 minutes</b>	<b>Q&amp;A Session and Conclusion</b> <ul style="list-style-type: none"><li>• <b>Encourage open questions about patient management, chiropractic adjustments, and dealing with pregnancy-related complaints.</b></li><li>• <b>Summarize key takeaways: the importance of chiropractic care in pregnancy and the misconception that pregnancy pain is normal.</b></li><li>• <b>Offer closing remarks about empowering pregnant women to have comfortable, healthier pregnancies.</b></li></ul>
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