

Pregnancy and Use of the Wobble Chair™



The patented therapeutic Wobble Chair™ was created almost 20 years ago by Dr. Burl Pettibon to mobilize and rehydrate spinal discs, the seat provides 360° of rotation, 40° of side to side flexion and 35° of front to back flexion on a universal type joint to facilitate all possible combinations of exercise motion needed for lumbar disc mobility, rehydration, nutrition delivery, and waste elimination. It is the **only**

product or procedure that has shown to successfully rehydrate spinal discs! The Wobble Chair™ is used in hundreds of Chiropractic clinics and homes in Canada, the US and other countries around the world.

The Wobble Chair™, when used in pregnancy, provides many benefits to the pregnant woman. It relaxes and strengthens the core muscles, pelvic floor, and the pelvic muscles. It promotes circulation; lack of circulation during pregnancy creates many problems such as swelling, restless leg, pain, varicose veins. Daily use of the Wobble Chair™ can prevent those symptoms before they begin, as well as reduce or even eliminate current symptoms. The use of the Wobble Chair™ has also been found to reduce the severity of cramps due to constipation as well as relieving constipation through increased range of motion.

During pregnancy many massage therapists avoid certain areas of the lower back due to pressure points that could cause problems during pregnancy, the Wobble Chair™ will help in loosening those muscles without the risk of aggravating those pressure points.

During labor we walk and move and dance to reduce the pain and pressure of contractions and to help the baby maneuver through the pelvis in preparation of birth. The Wobble Chair™ gives us another tool to use in labor, a tool that is especially helpful when a woman has reduced mobility such as monitors, weak legs or trouble standing. A woman can move and “wobble” in a number of different ways to simulate the motion of walking the stairs, swaying, rocking and many more with the added benefit of allowing the Wobble Chair™ to help you loosen the pelvic muscles and help to open up the pelvis.

Postpartum, the Wobble Chair™ also has its benefits: strengthening the pelvic floor, promoting faster healing, and less trouble with incontinence. Loosening the bowels and increasing circulation relieving or preventing constipation, and in turn the likelihood or severity of hemorrhoids. The Wobble Chair™ provides a low impact, mild exercise that will help trim the waist line and bring back tone to your tummy

muscles! The Wobble Chair™ promotes proper posture that could use some work after the act of pushing during labor!

One can argue that the birth ball provides a lot of the same benefits of the Wobble Chair™, except for the fact that the Wobble Chair™ was designed with the smallest possible pivot point in order to direct the motion to the spine allowing it to do the work of mobilizing the spine, directly relaxing and strengthening tight muscles. This action reduces the pressure on nerves and blood vessels with less effort than the ball, and in places that the ball not be able to reach!

Dr. Pettibon states: “For a strong, healthy, pain-free back at any age, we prescribe performing loading and unloading exercises with the Wobble Chair™ twice daily.” The book “The Aging Lumbar Spine” states “A daily home regimen of 5-8 minutes full range of motion exercises are absolutely essential for daily metabolic interchange, nutrition intake and elimination of waste products in order to maintain healthy well-hydrated spinal discs, ligaments and tendons.” (The Aging Lumbar Spine, Bernini P.M.D. et al. Saunders, 1982) The Wobble Chair™ is a quick, easy, low impact exercise for any activity level. There is no reason why the Wobble Chair™ cannot be used for longer periods of time; in fact it is encouraged to use it as long as you are comfortable. However like any new exercise you are starting, from yoga to running it should always be started gradually and slowly working your body up to a level that you are comfortable with.



If we focus on the fact that movement during pregnancy generally affects comfort during labor I want share my personal pregnancy history. During my first pregnancy, I spent 8 hours a day sitting at a desk, typing in an office. The second I spent chasing my 1 year old son and 1 year old niece who had both just learned to walk. We went for daily walks outside to keep them busy. I would have thought that my second labor and delivery would have been easier and with less pain than the first because of the movement. But in fact it was more painful and harder to cope with. I attribute this directly to the Wobble Chair™. During my first pregnancy all the time I spent at the computer was spent wobbling in a Wobble Chair™, preparing my pelvis for birth. The Wobble Chair™ allowed me the opportunity to keep my body moving while still being able to work a desk job up until the day I gave birth!

The Wobble Chair™ is an invaluable tool in restoring and maintaining the function of the spine and nervous system and can do amazing things for the pregnant body and the well being of women during pregnancy and birth.