

Pregnancy and Baby Care



“A full night of sleep?! Really?! For the first time in two years I faced the morning feeling refreshed and ready to go. “

In the beginning of October, I found myself wandering the aisles of the Calgary Baby Show with my mom and down one such aisle, I came across Dr. Patrick Maguire, my friendly neighborhood chiropractor. Over the years I've tried all sorts of herbs, tinctures, techniques, weekend workshops, and forms of body work with varying degrees of success. But in all this time, there is one form complementary therapy I've not only never tried, but actively avoided: chiropractic. I've been a little nervous about having someone manually manipulating my spine.

Throughout this pregnancy, I've been having problems with sleep and hip-pain and eventually came to accept that being awake for a couple of hours every night was a normal part of being pregnant. Besides, I'd had varying degrees of insomnia for the past few years, so I'm no stranger to the late-night, sometimes- desperate internet search for some sort of sleep-inducing technique I had not tried. Regardless of how used to not sleeping well I've become over the years, I've held out hope that I would find something that would work; so, when Dr.

Maguire approached me at the Baby Show, pointing to my right hip, telling me that my SI joint was, well, out of joint and that in addition to helping with my hip, chiropractic could offer me fringe benefits such as: a smoother birth and better sleep, I signed up for an initial appointment the following week.

Making my way to his second floor office in Mount Royal Village, Stephen's admonitions about seeing a chiropractor were floating through my head – "Whatever you do, don't let him touch your neck." – I wondered what I signed up for. As it turned out, I signed up to learn a lot about subluxation, which I knew nothing about, and for an assessment that told me a whole bunch of things I knew about the parts of my back that aren't moving very well. Dr. Maguire then began telling me about how the various subluxations in my back could manifest symptomologically besides having a sore back or stiff neck or strange gait and I was surprised at the number of them that were dead accurate.



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Dr. Maguire then explained how chiropractic treatment and care works in general, as well as how it would work in my case specifically, and then left it up to me to sign up -- or not. Back un-cracked.

I'd heard enough to give chiropractic a shot and made an appointment for the following week. During that appointment, Dr. Maguire did a quick day-of diagnostic, had me stand in front of a contraption that looks like it has come straight out of a Terry Gilliam film, lowered me via the machine, and proceeded to apply pressure to various parts of my spine. The whole thing took about fifteen minutes, and though Dr. Pat said I "adjusted beautifully," I didn't think much had happened.

Until later that night...or, I should say, until I woke up the following morning -- without having had woken up in the middle of the night. A full night of sleep?! Really?! For the first time in two years I faced the morning feeling refreshed and ready to go. All I could think was: I gotta get me more of that. Which I have. I pander to my new crack habit on a regular basis and feel great about it.

If you are looking for a chiropractor in Calgary, I would recommend Dr. Maguire. Sadly, his website is being redesigned so I cannot link to it at this time. If you would like to learn more or make an appointment for an assessment, call the Mount Royal Village Family Chiropractic at 403 475 6210.

-Nan N.

