

Pregnancy



Almost half of pregnant women experience back pain at some point during their pregnancy. Most would rather not take prescription or over the counter drugs which may be harmful to the baby. Chiropractic care is both safe and effective during all phases of pregnancy without the risky side effects. Studies show that chiropractic care during pregnancy reduces the incidence of back labor during delivery. Obstetricians agree that back labor is the most painful part of delivery. In fact, many chiropractic patients report that their deliveries were faster and more comfortable than deliveries previous to chiropractic care.

The body goes through a multitude of changes while pregnant. During this time of rapid growth, hormonal changes occur, ligaments become lax, more stress and strain is placed on the skeletal system, resulting in back pain in many women. Since it is not recommended to take most drugs while pregnant, chiropractic care is a safer option. Chiropractic care not only relieves pain and discomfort, but also normalizes the nervous system resulting in overall improved health.

Your chiropractor has been trained to modify technique in order to accommodate pregnancy. Special tables are utilized as well as gentle very low force techniques in order to adjust the spine safely.