



## CHIROPRACTIC CARE WHILE PREGNANT

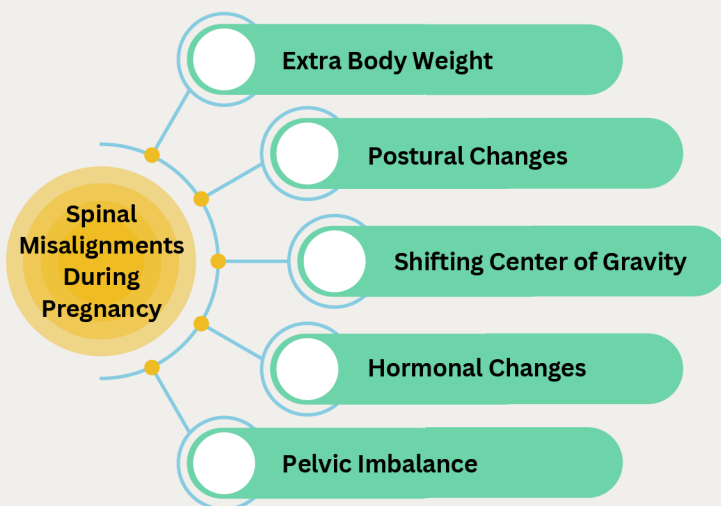


### It's Never Too Late to Start Adjustments

Even if you haven't seen a chiropractor before, it's never too late to start! Beginning care during pregnancy can still provide significant benefits, helping you feel better and supporting a smoother pregnancy experience.

### Why Chiropractic Care During Pregnancy?

During pregnancy, your body undergoes significant changes that can affect your spinal health and overall well-being. The extra weight and shift in center of gravity puts additional strain on your spine. As the belly expands, many pregnant women naturally shift their posture to compensate, which often leads to increased curvature in the lower back and slouching in the shoulders. All this physical strain and imbalance as the pelvis widens to accommodate the growing baby can cause misalignments leading to back pain, sciatica, and other pregnancy-related discomforts.



### Supporting a Healthy Journey

Pregnancy is a time of incredible change and excitement, but it can also bring discomfort as your body adapts to support your growing baby. From back pain to pelvic misalignment, the physical demands of pregnancy can create challenges that affect your daily life. The hormonal shifts that loosen ligaments in preparation for childbirth can sometimes lead to instability in the joints. Chiropractic care offers a natural and gentle way to support your body, helping to ease discomfort and promote a healthier pregnancy experience.



**Chiropractic care helps ensure your spine and pelvis stay properly aligned, which is essential for both your comfort and your baby's development.**

### Benefits of Chiropractic Adjustments for Expectant Mothers

One of the primary benefits of chiropractic care during pregnancy is pain relief. Chiropractic adjustments can help alleviate this pain by correcting any misalignments in your spine and pelvis, allowing your body to function more effectively.

In addition to pain relief, chiropractic care can also help with other common pregnancy-related issues. For example, maintaining proper spinal alignment can improve your balance and reduce the likelihood of falls. Chiropractic adjustments can also help with digestive issues, such as heartburn and constipation, by supporting the nervous system's role in digestion. By ensuring that your pelvis is properly aligned, chiropractic care can promote optimal fetal positioning, potentially making labor and delivery easier and less stressful.

It's never too late to start chiropractic care during pregnancy. By focusing on spinal alignment and nervous system health, chiropractic care can help you experience a more comfortable and healthier pregnancy, setting the foundation for an easier labor and a quicker postpartum recovery.

### Postpartum Recovery

Chiropractic care doesn't stop at childbirth—it can also play a crucial role in postpartum recovery. After giving birth, your body needs time to heal and adjust to its new normal. Chiropractic adjustments can help realign your spine and pelvis, which may have shifted during pregnancy and delivery. This can reduce postpartum pain, improve mobility, and support your body's natural healing process.

Additionally, chiropractic care can help with common postpartum issues such as neck and shoulder pain from breastfeeding, as well as lower back pain from carrying and caring for your newborn. By addressing these issues early on, chiropractic care can help you recover more quickly and enjoy your time with your new baby.

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