

## CHIROPRACTIC + THE POSTNATAL PERIOD

Immediately following a woman's birth, the body begins working to tighten ligaments, realign organs, and realign bones. It is a process that takes TIME (up to a year in fact!), and while this is happening, postpartum mothers are altering their bodies by holding their new baby, learning to breastfeed, and surviving in a state of exhaustion. A new mother's body is not in its peak performance state.

Seeing a chiropractor after birth grants mothers the ability to jump-start their body's healing process. Chiropractic care ensures proper blood flow to these tightening ligaments, aligns the spine to allow proper communication within the nervous system (the way the brain and body communicate), and as an added bonus can alleviate aches, pains, and other symptoms.



## WHAT IS CHIROPRACTIC?

Chiropractic is a healthcare discipline that emphasizes the inherent recuperative power of the body to heal itself without the use of drugs or surgery. • The practice of chiropractic focuses on the relationship between structure (primarily the spine) and function (as coordinated by the nervous system) and how that relationship affects the preservation and restoration of health.

**YOU WERE DESIGNED TO HEAL**

## OUR PATCH FAMILY CHIROPRACTIC



@ourpatchfamilychiro



(864) 704-0920

ourpatchfamilychiro.com

84 Orchard Park Dr. Greenville, SC 29615



## CHIROPRACTIC + PREGNANCY

**SUPPORTING YOUR BODY  
WHILE YOUR BODY MAKES A  
PERSON**



ourpatchfamilychiro.com

## WHY DO I NEED A PRENATAL CHIROPRACTOR?

It is important to address any neuro-biomechanical tension of the uterus and pelvis.

When there is tension on the uterus it can restrict the movement of the baby (and we all know how much babies prefer to move and wiggle!). Imagine trying to get into a bed when all the sheets are tucked in. If we can release uterine tension and balance the pelvis, it's as if we are 'untucking the sheets' and allowing more room to move so the baby can find optimal positioning.

## IS IT SAFE TO BE ADJUSTED WHILE PREGNANT?

Yes! Chiropractic, in general, is very safe and effective. With advanced education in perinatal care, we understand pregnancy and the special needs that come with this exciting time of life. We use special tables and specifically designed pregnancy pillows to ensure mama is both safe and comfortable during adjustments.

Chiropractors with the designation CACCP, DACCP or Webster Certification have taken additional training and achieved certification through the International Chiropractic Pediatric Association (ICPA).

# THE WEBSTER TECHNIQUE

\*NOT\* A BREECH-TURNING TECHNIQUE



The Webster Technique has become a familiar term in the pregnancy and birth conversation. Families are seeking out chiropractors who are proficient in this technique as a way to support a more comfortable, safer, and easier birth.

The International Chiropractic Pediatric Association recommends that pregnant women receive regular chiropractic care throughout pregnancy to achieve pelvic balance, giving babies a better chance of moving into a correct position for birth. Restoring normal physiological function to the pelvis also results in an easier labor and thus safer delivery for both mother and baby.



**THROUGHOUT THE COURSE OF YOUR PREGNANCY, THERE WILL BE MANY PHYSIOLOGICAL + HORMONAL CHANGES AS YOUR BODY PREPARES FOR THE BIRTH OF YOUR BABY:**



Center of gravity moves forward which puts extra strain on your low back.



The hormone relaxin loosens joints; increasing mobility and decreasing stability of joints (esp. in your pelvis)



Growing baby + more fetal movement expands the rib cage which can aggravate the mid back joints that connect to the ribs.



Increased breast size adds additional strain to the upper back joints.

[ourpatchfamilychiro.com](http://ourpatchfamilychiro.com)

**CHIROPRACTIC CAN HELP YOU BETTER MANAGE THESE CHANGES AS YOUR PREGNANCY PROGRESSES.**