

# Pregnancy and Chiropractic Care



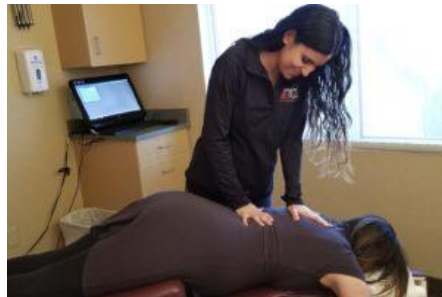
Should pregnant women be adjusted by a chiropractor? Yes! Chiropractic care can be extremely beneficial for pregnant women. Chiropractic offers a safe, natural, drug-free approach to some of the common ailments in pregnancy such as **low back pain, sciatica, round ligament pain, pubic bone pain, and more!**

In pregnancy a woman's body is constantly changing. Structurally, the body goes through changes to help support the developing baby and prepare the body for delivery. More stress is placed on the sacroiliac joints and the curve in the lumbar spine known as lordosis becomes increased, placing stress on the intervertebral discs and facet joints which can contribute to low back pain (Borrgren 2007). A chiropractor can help with some of these aches and pains related to pregnancy

*Did you know that a chiropractic technique known as the **Webster Technique** can sometimes help turn a baby that is in the breech position? Ask your chiropractor for more information.*



Birth can be traumatic for your newborn so be sure to bring in your new baby for a chiropractic adjustment. We love treating babies and kids!



There are other treatment options that your chiropractor may recommend such as massage therapy, acupuncture, prenatal supplements as well as additional supplements, exercises and stretches, and kinesiology taping.

**Pregnancy is an exciting time! Feel your best with Chiropractic Care.**

*We love treating pregnant women at Langford and Karls Chiropractic! Call the office today to make your appointment. 651.699.8610.  
[www.langfordchiropractic.com](http://www.langfordchiropractic.com)*