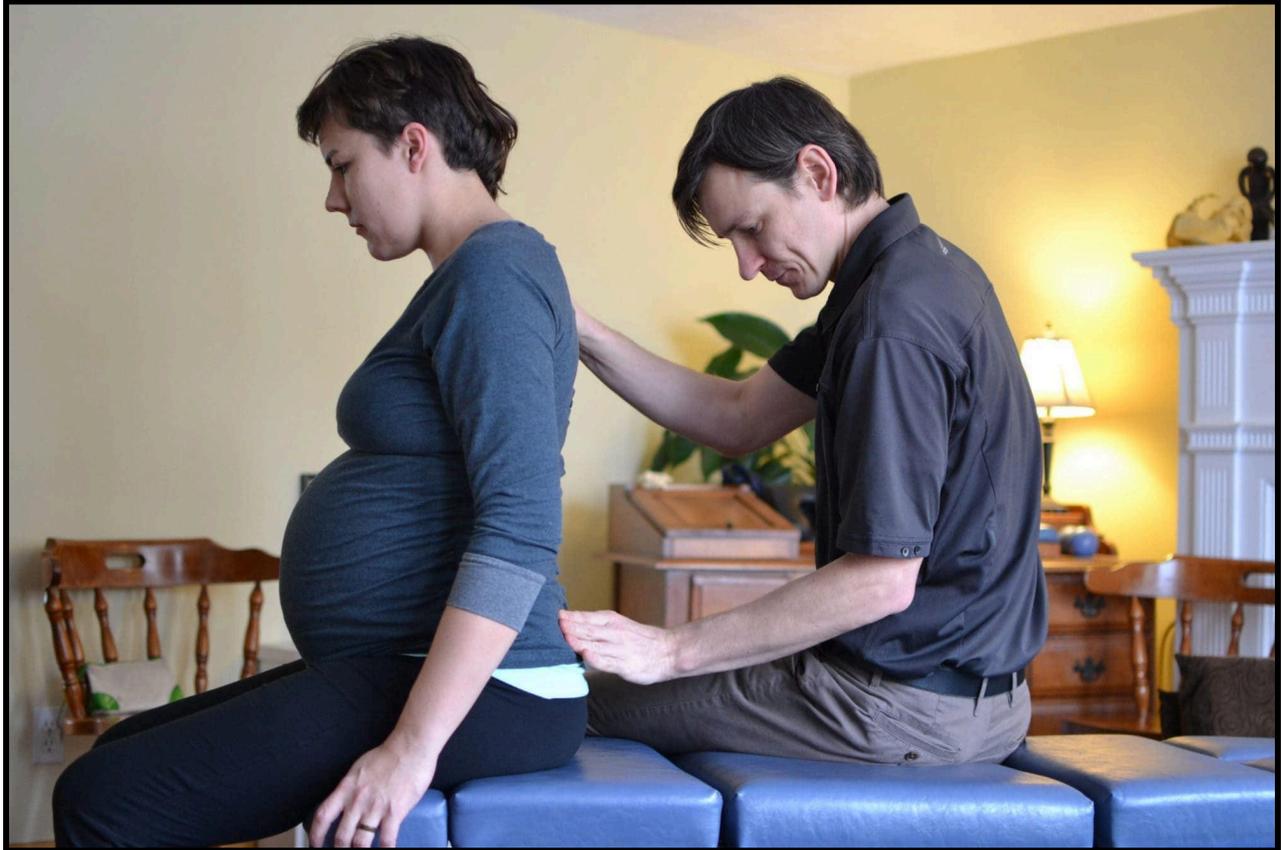




Chiropractic Care and Pregnancy



Pregnancy is a transformative journey that brings both joy and physical changes. As the body adapts to support a growing baby, many women experience discomfort such as lower back pain, pelvic misalignment, and posture changes. Chiropractic care offers a natural and non-invasive way to support a healthy pregnancy by promoting proper alignment and nervous system function.

Chiropractors who specialize in prenatal care use gentle, pregnancy-safe techniques to adjust the spine and pelvis. These adjustments help relieve pressure

Discover Chiropractic | (408) 985-1111 | 1305C N. Bascom Ave San Jose, CA 95128 | <https://www.discoverchiro.com/>

on the lower back and joints, improve posture, and reduce tension in muscles. Proper pelvic alignment is especially important, as it can create more room for the baby to move into the ideal birth position. This reduces the likelihood of breech presentation or complications during delivery.

Another benefit of chiropractic care during pregnancy is improved nervous system function. The spine protects the spinal cord, which is the main communication highway between the brain and the rest of the body. By maintaining spinal health, chiropractic care helps ensure that signals related to hormone regulation, digestion, and uterine function are transmitted effectively.

Research supports these benefits: a study published in the *Journal of Manipulative and Physiological Therapeutics* found that 75% of pregnant women who received chiropractic care reported pain relief and improved mobility during pregnancy (Borggren, 2007).

Many women report better sleep, less nausea, and increased energy as a result of regular chiropractic. When used as part of a holistic prenatal care plan, chiropractic enhances overall comfort and supports a smoother pregnancy and delivery experience.

Reference:

Borggren, C. L. (2007). Pregnancy and chiropractic: a narrative review of the literature. *Journal of Chiropractic Medicine*, 6(2), 70–74.

<https://doi.org/10.1016/j.jcme.2007.02.011>