

Chiropractic Care During Pregnancy

Pregnancy brings incredible joy along with significant physical changes that can create discomfort and pain. As your body adapts to support your growing baby, you may experience back pain, pelvic discomfort, and postural strain. Chiropractic care during pregnancy offers a safe, natural approach to managing these challenges while supporting your overall health and preparing your body for delivery.



Is Chiropractic Care Safe and Helpful During Pregnancy?

Yes, chiropractic care during pregnancy is both safe and beneficial when performed by a trained professional like

Houston chiropractor Dr. Jackie. Chiropractors use gentle, specialized techniques designed specifically for pregnant women, avoiding any pressure on the abdomen and using modified adjustment methods that accommodate your changing body. Research consistently demonstrates that prenatal chiropractic care provides significant relief and wellness benefits without risks to Mother or Baby.

Pregnancy chiropractors receive specialized training in techniques that are safe throughout all stages of pregnancy. These **gentle adjustments** help maintain proper spinal alignment as your body undergoes rapid changes, supporting comfort and function during this remarkable time.

Understanding the Physical Changes of Pregnancy

Your body undergoes incredible transformations during pregnancy. Your center of gravity shifts forward, creating an increased curve in your lower back. Your pelvis widens and shifts to prepare for delivery. Hormones like relaxin loosen ligaments throughout your body, which can lead to joint instability.

These adaptations frequently result in lower back pain, sciatica, round ligament pain, pubic symphysis dysfunction, and overall postural strain. **Chiropractic care** during pregnancy addresses these challenges by maintaining proper alignment and supporting your body's natural adaptations.

Key Benefits of Chiropractic Care During Pregnancy

Relief From Common Pregnancy Discomforts

Many pregnant women experience significant relief from back pain, neck pain, and joint discomfort through regular chiropractic adjustments. By maintaining proper spinal alignment, chiropractic care during pregnancy helps reduce the mechanical stress that contributes to pain. This natural approach provides relief without medications, which is particularly important when many pain relief options are limited during pregnancy.

Improved Pelvic Balance and Alignment

Proper pelvic alignment is crucial for both maternal comfort and optimal fetal positioning. When your pelvis is balanced, it provides maximum space for your baby to move into the ideal position for birth. The Webster Technique, a specialized chiropractic method, focuses on sacral alignment and pelvic balance to support optimal positioning and reduce tension in surrounding ligaments and muscles.

Potential for Easier Labor and Delivery

Research suggests that women who receive chiropractic care during pregnancy may experience shorter labor times and reduced need for interventions. When your pelvis is properly aligned and your nervous system is functioning optimally, your body is better prepared for the birthing process.

What to Expect From Your Appointments

Your **first visit** to a pregnancy chiropractor includes a comprehensive assessment of your health history, current symptoms, and pregnancy progression. During adjustments, you'll be positioned comfortably using special pregnancy pillows or tables designed to accommodate your growing belly. All techniques are gentle and specifically adapted for pregnancy, with no pressure on your abdomen.

You can safely begin chiropractic care during pregnancy at any point, whether you're newly pregnant or in your third trimester. Many women benefit from starting care early in pregnancy or even during preconception planning. Early care helps your body adapt more easily to pregnancy changes and may prevent some common discomforts from developing.

Addressing Common Pregnancy Conditions

Lower Back Pain and Sciatica

Lower back pain affects up to 80% of pregnant women at some point during pregnancy. Chiropractic care during pregnancy effectively addresses the mechanical causes of this pain by maintaining proper spinal alignment and reducing pressure on nerves. For women experiencing **sciatica**, specific adjustments can relieve pressure on the sciatic nerve and provide significant relief.

Pelvic Pain and Dysfunction

Round ligament pain and pubic symphysis dysfunction are common complaints during pregnancy. Chiropractic adjustments help reduce the mechanical stress that exacerbates these conditions by ensuring proper pelvic alignment and reducing compensatory muscle tension. Gentle adjustments restore proper pelvic balance, while your chiropractor can recommend exercises and modifications to support healing.

Optimal Fetal Positioning

While chiropractors don't turn breech babies, the Webster Technique focuses on optimizing pelvic balance and reducing tension in the uterine ligaments. This creates an environment where babies may have more room to move into optimal position naturally.

Integrating With Your Prenatal Healthcare

Chiropractic care during pregnancy complements your regular prenatal care and works alongside your obstetrician or midwife's monitoring. Many healthcare providers actively recommend chiropractic care for their pregnant patients, recognizing its benefits for managing musculoskeletal complaints and supporting overall wellness. Your chiropractor can communicate with your other healthcare providers to ensure coordinated care throughout your pregnancy.

Safety and Specialized Training

While chiropractic care during pregnancy is safe for most women, certain conditions require special consideration. Your chiropractor will carefully screen for conditions such as placenta previa, ectopic pregnancy, or severe toxemia that might require modified care or referral to your obstetrician. Pregnancy chiropractors use techniques specifically designed to avoid any risk to your baby, with adjustments that are gentle and never involve pressure on your abdomen.

Postpartum Recovery

The benefits of chiropractic care extend beyond delivery. Postpartum chiropractic care helps your body recover from the physical demands of pregnancy and childbirth. New mothers often experience [neck](#) and back pain from nursing, carrying their baby, and the physical demands of newborn care. Regular adjustments help address these new stresses while supporting your body's return to its pre pregnancy state.

Start Your Journey to a Comfortable Pregnancy

If you're pregnant and experiencing discomfort, or if you want to support your body proactively throughout pregnancy, chiropractic care offers a safe, effective solution. You don't have to accept

pain and limitation as inevitable parts of pregnancy. By choosing specialized pregnancy chiropractic care, you invest in your comfort, your health, and your baby's optimal development.

Ready to experience the benefits of chiropractic care during pregnancy? Contact Innate Chiropractic Healing Arts Center today to schedule your prenatal chiropractic assessment and discover how we can support your health and comfort throughout pregnancy and beyond.

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Prenatal Chiropractic Innate Chiropractic Healing Arts Center | (713) 521-2104

Innate Chiropractic Healing Arts Center
8100 Washington Ave #210
Houston, TX 77007
Phone: (713) 521-2104

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