



# CHIROPRACTIC CARE FOR PEDIATRICS AND PREGNANCY

Healthy kids start with healthy moms.

## Chiropractic Treatment for Pregnancy

Being pregnant means a lot of things, ranging from excitement at the baby's birth to the unpleasant reality that pregnancy is often painful. Swelling hands and feet are only two of the major complaints that women have when coping with the downsides of a pregnancy. Fortunately, a pregnancy chiropractic treatment can make a big difference in a woman's ability to rest and enjoy pain-free days during her pregnancy.



Believe it or not, chiropractors are one of the best people to give pregnancy treatments, as these men and women know how the muscles, joints, and bones of the body work and can pinpoint the best places to ease a woman's discomfort during her pregnancy. Our doctors

at **Rasmussen Chiropractic Center for Wellness** can help ease the strain on the spine from the additional weight of the growing child through a combination of standard chiropractic adjustments and therapy. This combination can help lower inflammation as well as help develop the muscles in the back to help ease the discomfort of carrying a baby to term. While chiropractors can't ease symptoms of pregnancy like morning sickness, their treatments can offer instant relief wherever there are general aches and pains.



# BENEFITS

While there are general pregnancy treatments available, our chiropractors take into account several factors in order to provide therapy tailored specifically to each mother. Elements like current physical shape, weight and existing muscle, bone and joint problems can all change what type of pregnancy treatments are best for a specific patient. Since we do not use invasive methods to do our work, there is **no risk** to the unborn child while there are **many benefits**.

For example, a pregnant woman who does not suffer from pain is able to eat healthier, be more comfortable, be more active and go about her daily routines without extra stress. Stress can be very harmful for a developing baby. Not only does a pregnancy treatment help to lower stress and pain, it can be extremely relaxing and provide much-needed rest and relaxation.

While many women view a pregnancy treatment as a special treat, it is recommended to make it a standard part of a routine right up until the final weeks of pregnancy. Later in the pregnancy, chiropractors can offer relief when movement is limited due to the size of the growing baby. Feet, ankle and leg massages are among the most common types performed later in a pregnancy due to the extreme pressures put on the lower body as a result of the additional weight of the baby.



**Rasmussen**  
Chiropractic

Give **Rasmussen Chiropractic Center for Wellness**  
a call today to help you experience a painless 9 months  
and an easier delivery.

**770-461-8781**