



## 5 Key Ways Expectant Mothers Benefit from Chiropractic Care

posted by [PHS Chiropractic](#)

With all the changes a woman's body undergoes during pregnancy, it's no surprise that back and joint pain is often a result.

Along with an obgyn, a chiropractor is a welcome addition to a woman's prenatal care team. Chiropractors can help manage back and joint pain issues so that they don't become an issue during delivery or impact a woman's recovery time post-pregnancy.

Here are 5 key ways chiropractors can help:

1. Chiropractors can help keep the spine aligned as a woman gains weight (which pulls her forward) during pregnancy.
2. Chiropractors can reduce the need for pain relievers by treating underlying issues.
3. Chiropractors can help strengthen joints.
4. Chiropractors can help achieve pelvic alignment, making the birth process go more smoothly.
5. Chiropractors can help women regain their pre-pregnancy bodies by helping them maintain good posture and increased mobility.



Pregnancy is an exciting, precious time in a woman's life, full of new experiences. Unfortunately, the baby's development brings about bodily changes that often wreak havoc on the back and joints, and end up causing pain. These issues also frequently cause issues during delivery, and increase the time it takes for the body to recover post-pregnancy.

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