



ACHES AND PAINS pregnancy

CHIROPRACTIC CARE DURING YOUR PREGNANCY

The Good, and the Bad

Prenatal care is crucial to the health of mom and baby. Your care, much like your pregnancy, is broken down into three trimesters. As your pregnancy progresses, you will encounter various joys, such as feeling your baby kick for the first time and decorating the nursery. You might also experience things that you did not expect. Perhaps you have symptoms that are uncomfortable or cause you not to function the way you are used to or would like.



FIRST TRIMESTER

You may have **morning sickness**, **breast tenderness**, **fatigue** and emotional **mood swings**.



SECOND TRIMESTER

Your baby is going through a growth spurt. You may begin to notice increased **back pain**, **breast enlargement**, **mid-back pain**, or maybe even **sciatica**—pain down one or both of your legs.



THIRD TRIMESTER

Your body goes through the greatest physical changes of pregnancy. Your **center of gravity changes EVERY** day. What does that mean for your back? For some pregnant women it means back pain or sciatica while others may experience **groin pain** or **pubic symphysis pain**.

Natural Solutions

Chiropractic care is a safe, natural, and effective way to help with morning sickness, sciatica, low back pain, mid-back pain, growing pains and so much more. Correcting joints of the spine or extremities that are not moving properly will give you relief from the uncomfortable and sometimes painful symptoms.

At Body and Balance Chiropractic, we utilize the Webster Technique. The Webster Technique focuses on the pelvis, tailbone and round ligaments. First, the pelvis and tailbone are realigned. Then, we work to decrease the tightness in the round ligaments that go from your pelvis to your uterus. When the tailbone is realigned and the round ligaments are no longer stretched and tight, the uterus opens up to its optimal size. This extra amount of space gives the baby much more room to move about and to get into the best position for birth.

Also ask us about **Newborns, Toddlers, and Kids chiropractic care solutions!**

Chiropractic care can help with:

- Headaches
- Carpal Tunnel
- Muscle Spasms
- Knee Pain
- Tennis Elbow
- Migraines
- Hip Pain
- Scoliosis
- Whiplash
- Sports Injuries
- Neck Pain/Stiffness
- Low Back Pain
- Spinal Disc Injuries
- Shoulder Blade Pain
- Digestive Disorders
- Sinus Discomfort
- Plantar Fasciitis
- Nerve Impingement
- Numbness/Tingling (Fingers or Toes)
- Upper Back Pain

CALL TODAY FOR AN APPOINTMENT
720.724.0998

Office Hours:

- Monday 8am - 12pm & 3-6pm
- Tuesday 3-6pm
- Wednesday 8am - 12pm
- Thursday 3-6pm
- Friday By Appointment Only

Office Location:

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