



## Chiropractic Care for Pregnancy Issues



### Overview

During pregnancy, your body changes. You gain weight, and your ligaments and muscles loosen. Your center of gravity shifts. This can stress your joints and muscles. Pregnancy can cause pain in the back, legs and feet. It can lead to muscle aches and a lack of energy. A chiropractor can help care for these problems so you can enjoy your pregnancy.

### Exam

Chiropractic care begins with an exam. You are asked about pain and any other concerns. Your chiropractor will look at the structure of your skeleton and muscles, and will see how your body moves. You may have developed a spinal misalignment or other problem during your pregnancy. If so, your chiropractor can find these issues.

### Care and Management

Chiropractic adjustments, exercises and nutritional supplements may all be helpful. You may benefit from a continuing care plan. Your chiropractor can create a plan that is right for your needs.

