

Chiropractic if you are pregnant? Absolutely!

When you're pregnant chiropractic care can be helpful. Besides helping to relieve the discomfort many expectant mothers experience, chiropractic care helps normalize nervous system function. This is an important component of overall good health. Your doctor of chiropractic will examine your spinal column for misalignments (called vertebral subluxations) causing spine and nerve stress. This is extremely important for the pregnant woman who needs to have her body as healthy and strong as possible in order to handle the rigors of pregnancy and childbirth!

Many chiropractic care patients report that their deliveries also were faster and more comfortable than their deliveries prior to chiropractic care.

Common questions & answers regarding chiropractic and pregnancy

Is chiropractic care safe in pregnancy?

Very safe and very sensible for both mother and baby.

Is it difficult to receive a chiropractic adjustment when pregnant?

Not at all. Chiropractors are trained in adjusting the spines of pregnant women and many chiropractic adjusting tables have special modifications for the pregnant figure.

How late in pregnancy is it possible to get an adjustment?

Patients have received adjustments even during labor.

Can spinal care help postpartum depression?

For years chiropractic's beneficial effects on emotional stress and personality have been noted. At least one journal has quoted a doctor as saying that "postpartum depression is a rarity in patients receiving...manipulative therapy".

Do I have to have a problem in pregnancy to see a chiropractor?

Not at all. Chiropractic should be used as a preventive maintenance. Periodic spinal checkups during pregnancy should be as common as periodic weight checkups.

Can my baby receive chiropractic care?

Infants a few hours old have been given spinal checkups and adjustments (if needed).

Are you pregnant and suffer from back pain?

Call Dr. Adam and start easing your pregnancy and labor!

The office in Manhattan, call: 212-924-1700

The office in Brooklyn, call: 718-832-7300