



PRENATAL RECOMMENDATIONS

The three most important components of a healthy and successful pregnancy and birth are 1. Health of Mom and Baby 2. Mental Preparation 3. Physical Preparation. Regular chiropractic, acupuncture, massage and nutrition care during pregnancy can aid in all of these components. Our strength is helping prepare your body physically and nutritionally for a pain-free, uber-healthy pregnancy and a successful birth. Our prenatal recommendations are based off of clinical experience and research. As you progress through your pregnancy you should feel more confident in your ability to carry and birth your baby however you want to.

First Trimester

Goals: Setting you up for success, establishing your prenatal team

- Chiropractic care begins, we recommend wellness treatment every 2-4 weeks
- Acupuncture consultation plus 1-4 treatments for nausea & 'morning sickness' symptoms
- Massage 1-2x month wellness care
- Nutrition consultation to establish a plan through postpartum

Second Trimester

Goals: preventing pain, maintaining pelvic alignment, preventing baby positioning issues, maintaining health & fitness, easing stress.

- Chiropractic care includes the Webster Technique for optimal fetal positioning at every visit, we recommend treatment every 2 weeks.
- Nutrition check-in appointment
- Prenatal massage to ease mental and physical tension, recommend every 2-4 weeks

Third Trimester

Goals: preparing for labor and delivery and beyond!

- Chiropractic care focusing on maintaining pelvic mobility and comfort
 - Webster Technique for optimal fetal position analysis continues
 - Focus on preparation for labor and delivery
 - Discuss birth plan, goals, postpartum questions
 - Recommend treatment every 2-1 weeks
- Prenatal massage to ease mental and physical tension, recommend every 2-4 weeks
- Acupuncture, 1-4 treatments to prepare uterus for labor and delivery, could include induction around week 39/40
- Nutrition check-in appointment

Postpartum Recommendations Schedule your first postpartum appointment 2 weeks after the baby's birth (see postpartum handout for more information)