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CHIROPRACTIC

Pregnancy & Chiropractic

Comfort for Every Trimester

How chiropractic supports a healthier, more comfortable pregnancy.

A free patient education guide from our doctors
(630) 289-2225 · freedomwellness.llc · Hoffman Estates, IL

Welcome

Pregnancy brings incredible changes to your body in a short time. As your baby grows, your center of gravity shifts, your posture changes, and hormones loosen ligaments to prepare for birth.

These changes are normal, but they can also bring back pain, pelvic discomfort, and sleepless nights. Gentle, pregnancy-adapted chiropractic care can be a helpful part of staying comfortable and mobile.

Why Pregnancy Affects Your Spine

- Your growing belly pulls your center of gravity forward, increasing the curve of your low back
- The hormone relaxin loosens ligaments, which can make the pelvis less stable
- Weight gain adds load to the spine, hips, and feet
- Breast changes can pull the shoulders forward
- Sleep positions become limited, adding to stiffness

Common Discomforts We See

- Low back pain
- Pelvic girdle and sacroiliac joint pain
- Round ligament discomfort
- Hip and sciatic-type pain
- Upper back and neck tension
- Rib discomfort later in pregnancy

How Prenatal Chiropractic Care Is Adapted

Our prenatal care uses gentle techniques with special pregnancy cushions or table adjustments so you can lie comfortably without pressure on your belly. The Webster Technique, a specific approach focused on the pelvis and sacrum, is commonly used with pregnant patients to support pelvic balance and comfort.

We always work alongside your OB or midwife. Tell us about any complications, and let your prenatal provider know you are receiving chiropractic care.

When to Call Your OB or Midwife First

Contact your prenatal provider promptly for vaginal bleeding, fluid leakage, severe abdominal pain, regular contractions before 37 weeks, severe headache, vision changes, sudden swelling, or decreased fetal movement. Chiropractic care is not appropriate in certain high-risk situations, and your safety and your baby's always come first.

Comfort Tips at Home

- Sleep on your side with a pillow between your knees and one under your belly
- Wear supportive, low-heeled shoes
- Stay active with walking, swimming, or prenatal yoga as approved by your provider
- Avoid standing on one leg for long periods; sit to put on pants and shoes
- Use a pregnancy support belt if recommended
- Stay hydrated and take frequent movement breaks

Care Through Every Stage

Many moms find care helpful during pregnancy and after delivery, when lifting, feeding, and carrying a newborn bring a whole new set of postural demands.

Pregnancy Comfort Checklist

- ☐ Prenatal provider aware of chiropractic care
- ☐ Side sleeping with pillow support
- ☐ Supportive footwear
- ☐ Daily gentle movement
- ☐ Hydration throughout the day
- ☐ Postpartum plan for your body

Common Questions

Is chiropractic safe during pregnancy?

For most uncomplicated pregnancies, gentle, adapted care is considered a safe option. We screen carefully and coordinate with your provider.

When can I start?

Care can begin in any trimester once we have completed a thorough history and exam.

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YOUR NEXT STEP

Let's get you feeling your best again.

Feel more comfortable through your pregnancy. Call (630) 289-2225 to schedule.

Book Now: (630) 289-2225

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