

Pregnancy Chiropractor in Chandler Arizona

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For expecting mothers, pregnancy is both a joy and a pain. Of course you're excited to have a child, but pregnancy is often difficult. ***There are many things you can do to lessen your discomfort, and visiting a pregnancy chiropractor is one of them.***

Here are some of the ***benefits*** of visiting a chiropractor in Arizona during your pregnancy:

Relieve Your Hip Pain

One of the most common pregnancy complaints is significant hip pain, especially as you get closer to the end of the pregnancy. While you're expecting, your hormones levels rise, preparing your body for the upcoming birth. These hormones loosen the ligaments in your hips, and your joints may feel extra pressure as a result. Of course, this is beneficial for a smooth delivery, but it's painful in the meantime. ***Many pregnant women complain that their hips ache, and chiropractic manipulation can help ease the pain.***

Relieve Your Back Pain

In addition to your hip pain, you may feel pain in your upper, middle, or lower back, even in the early days of pregnancy, but especially in the later months. This pain is obviously caused partly by the excess weight the baby brings to your body, but pregnancy also causes your body to carry the weight awkwardly, which puts significant stress on your back, especially the lower portion. ***A chiropractor can help open the vertebrae in your lower back (and anywhere else you feel pain), which relieves the pressure.***

Relieve Your Neck Pain

If your neck is stiff or painful during pregnancy, you're not alone. ***Pregnancy actually affects the entire body for many women.*** You may be shifting your head forward or holding your neck at an awkward angle because of

awkward body movements during pregnancy. *A chiropractor can reduce pain in this area, too.*

Relieve Your Nausea

There are many causes of nausea during pregnancy, and chiropractic manipulation has been proven to help relieve this uncomfortable symptom. A chiropractor performs manipulations to align your neck, spine, hips, and legs. When everything in your body is aligned properly, your nervous system functions at its best. This alone has been proven to greatly reduce nausea for many pregnant women.

Have an Easier Labor and Delivery

Believe it or not, *a chiropractor can even help with your labor and delivery.* If you have regular appointments to align your hips, the baby will be able to move freely through your birth canal. ***With an aligned spine and hip area, your baby can shift into the correct birthing position more easily, so he or she is less likely to be breech. This makes your labor and delivery time shorter.*** In addition, you're ***less likely to need a cesarean delivery*** if you have fewer complications.

Relieve Your Sciatica

Sciatica may be one of the most common pregnancy complaints. ***Many women experience painful aches in their hips and legs, shooting “jolts” of pain through their lower back and buttocks, and even numbness in their legs.*** These are caused by a compromised sciatic nerve. Manipulation ***relieves the pressure on this nerve, so your sciatica is relieved.***

Looking for a Pregnancy Chiropractor in Arizona?

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