

## Pregnancy and Baby Care

*“The treatments really helped with the pain and made it possible for me to work longer.”*



I started seeing Dr. Pat when I was seven months pregnant. I was having middle and lower back pain, making it hard to sit or stand for long periods of time. The treatments really helped with the pain and made it possible for me to work longer. The baby was also positioned mostly on my right side. Dr. Pat's treatments allowed the baby to sit more centered which helped with delivery.

After Harper was born, my neck, upper back and shoulders were very sore from breastfeeding and carrying the baby. I went back to Dr. Pat for treatment and the pain has nearly disappeared now and I don't have any pain when I'm breastfeeding.

Harper was also treated by Dr. Pat as she was delivered by vacuum and I was concerned this had affected her spine. Dr. Pat was very gentle with her and she didn't mind at all. Harper sleeps very well after she has been adjusted and is a very happy baby.

Thanks Dr. Pat!

-Dawn S.

