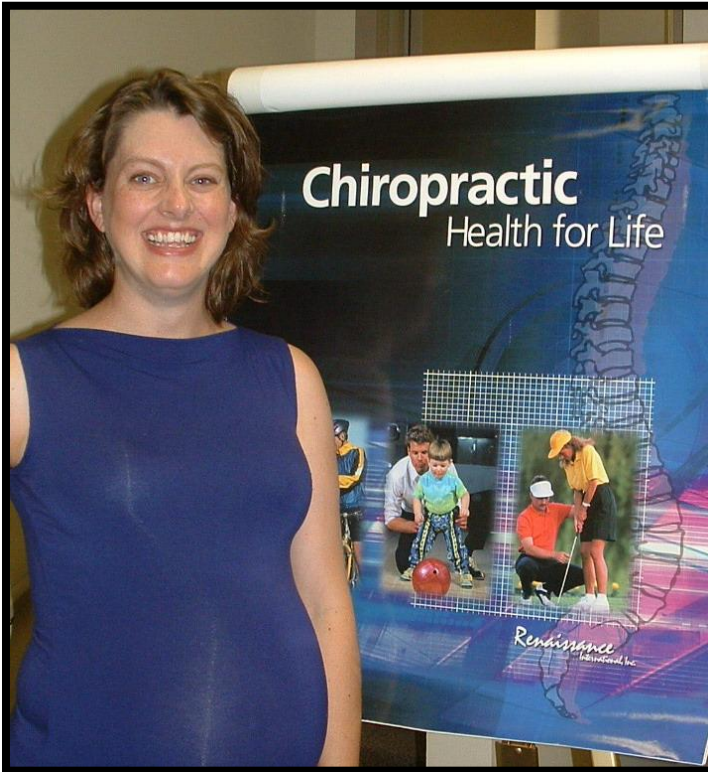


Pregnancy and Baby Care

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My first encounter with chiropractic care was when I was 6 months pregnant. I had never been to a chiropractor in my life and, frankly, I was a skeptic. I had often had massages for my sore, stiff back, but lately, the achiness had gone to my lower back, hips and glutes. And massages just weren't helping. One day at work, the sore achy feeling suddenly became a sharp pain that was so bad I could barely walk down the hall. Thankfully, the nurse at work suggested chiropractic care. Since she was a health professional, I felt I could trust her recommendation.

I wasn't sure if you could get chiropractic treatments during pregnancy, but I found out that in fact, it's an excellent time to receive care. I started making regular visits to Dr. Pat's office and found that chiropractic care really did make a difference. Not only did it make me feel better, but it made me think differently about my posture, my lifting habits, and my overall health. These were good lessons to learn, especially in my third trimester! Now that I have a 1 year old, I lift all day long. I still go for chiropractic treatments once in a while. And I am still thankful for that recommendation from the nurse. Chiropractic care has definitely benefited me and my son.

- Monica L.

