

Health for you and Your Baby!



With chiropractic care, many women are able to experience less discomfort during pregnancy and labor, and may have shorter deliveries with less need for invasive interventions (4)!

1. Sabino, J., & Grauer, J. N. (2008). Pregnancy and low back pain. *Current reviews in musculoskeletal medicine*, 1(2), 137-141.

2. Borggren, C. (2007). Pregnancy and chiropractic: a narrative review of the literature. *Journal of Chiropractic Education*. 2007(6), 70-74.

3. Pistolese, R. A. (2002). The Webster Technique: a chiropractic technique with obstetric implications. *Journal of Manipulative and Physiologic Therapeutics*. 25(6), e1-e9.

4. Alcantera, J., & Ohm, J. (2013). Improvement in quality of life for six pregnant patients undergoing chiropractic care. *Journal of Pediatric, Maternal & Family Health – Chiropractic*. 2013(1), 11-14



Rubin Family Chiropractic

255 Village Pkwy
Ste 620
Marietta, GA 30067
Phone: 770.937.6300
rubinchiropractic@gmail.com
theadjustment.com

Clinic director:

Dr. Drew Rubin, BS, DC, CCSP, DACCP

***Board certified diplomate in pediatric and prenatal chiropractic**

***Certified in Webster Technique**

***Specialist in pediatric cranial work**

***Board eligible in Child**

Neurodevelopmental Disorders

***Adjunct faculty at Life University,
College of Chiropractic**

***Published author of chiropractic novels
and research articles in peer reviewed
journals**

***In practice for 24 years**

***Experience counts!**

***Results speak for themselves!**

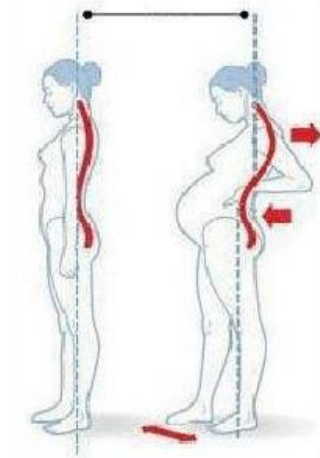
Rubin Family Chiropractic

Pregnancy and Chiropractic



Phone: 770.937.6300

Chiropractic Care During Pregnancy



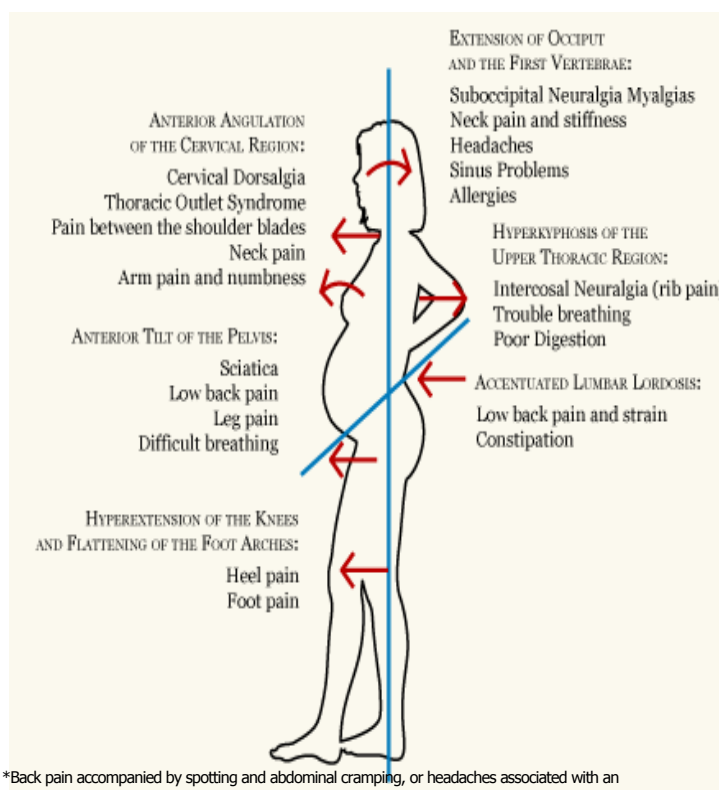
Changes in the body during pregnancy

A woman's body must go through major changes to accommodate the growing baby. Her ribs and pelvis actually expand outward, due to an increase in hormones which relax the ligaments that hold the bones together. Although this is necessary for a healthy labor, it also can cause women to have new and unique discomforts, as parts of her body that had lined up a certain way for years now move in entirely new positions (1).

For example, many women complain of lower back, rib, and pubic bone pain, sometimes very early on in pregnancy*. Headaches are also a common issue during child bearing months*.

What Chiropractic Can Do

Chiropractic care focuses on restoring the spine to a healthier state. This allows not only for improved motion at the joints, but more importantly for improved activity of the nerves that pass through and around those joints. Proper nerve function is key to reduced pain and fewer complications in pregnancy (2).



*Back pain accompanied by spotting and abdominal cramping, or headaches associated with an

increase in blood pressure, may indicate a problem you need to discuss with your birth provider.

The Webster Technique

Perhaps the most well-known role for chiropractic in the birthing community is the Webster Technique, which is designed to provide more room in the mom's pelvis. By applying gentle adjustments to the sacrum and soft pressure to the round ligaments, tight muscles that affect the uterus can relax. This provides the optimum environment for your baby, allowing for an increased opportunity to deliver naturally (3).

We specialize in the Activator technique, which is a highly effective and gentle way to adjust a pregnant woman and their children. Dr. Rubin is also 1 of 3 board certified pediatric chiropractic specialists in the Metro Atlanta area!

A great resource for expectant mothers and those curious about chiropractic during pregnancy and for children can be found at

icpa4kids.org

This site contains research supporting pediatric and prenatal chiropractic care.