

Safe Pain Relief for Pregnant & Nursing Moms

Pregnancy-Related Pain Is Exceptionally Common

Up to **45–90%** of expectant mothers experience lower back or pelvic pain, and **one in three** rate their pain as severe. These musculoskeletal issues can limit activity, disturb sleep, and reduce quality of life.



PREGNANCY & PAIN MEDICATION

Many pain medications, including NSAIDs and opioids, are restricted or used cautiously during pregnancy. The U.S. FDA advises against NSAID use after 20 weeks due to possible complications, and even acetaminophen (Tylenol) has come under recent scrutiny.

The Safe, Effective, and Appropriate Natural Option

Chiropractic care offers gentle, non-pharmacologic support for common pregnancy-related complaints like low back, pelvic, or neck pain.

Research has proven that **chiropractic care can safely help** most moms-to-be feel significantly better.

Several studies show that **three in four** women report good to excellent improvement in pain following chiropractic care.

Reported adverse events are rare and mild, **making chiropractic care a safe complement** to medical & prenatal care.



Studies show that including chiropractic care in obstetric management improves outcomes. That's why we coordinate with OB-GYNs, midwives, and primary-care providers.