



Care during pregnancy

Increased demand is now put on the body; all organ systems and ligaments are affected by hormones (especially relaxin) and the spine is managing increased and dynamic weight bearing stresses. This is such an important time to make certain that your body is functioning at its optimum potential. According to the International Chiropractic Pediatric Association it is recommended that women receive chiropractic care throughout pregnancy to establish pelvic balance and optimize the room a baby has for development throughout pregnancy. With a balanced pelvis, babies have a greater chance of moving into the correct position for birth and the mothers changing body has optimal support as the baby is growing as well as during labor and delivery.



Dr. Stephanie Birdwell M.S., D.C.
Chiropractor
www.magnoliachiropracticcenter.com
Office: 415-931-5878
133 Magnolia Lane San Francisco, CA