

Backcountry Chiropractic Provides Guide to Chiropractic Care During Pregnancy

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Backcountry Chiropractic has outlined a practical guide to chiropractic care during pregnancy for families considering chiropractic support through preconception, pregnancy, and the postpartum period. The Frisco chiropractic practice describes pregnancy-related care as an approach that considers physical changes associated with pregnancy, including postural shifts, changing weight distribution, and changes affecting joints and ligaments. The information is intended as an educational overview of how the practice approaches care for expecting parents in the local community.

Pregnancy places increasing physical demands on the spine and pelvis. As pregnancy progresses, changes in posture, body weight, and the body's center of gravity can contribute to musculoskeletal discomfort. The American College of Obstetricians and Gynecologists notes that back pain is common during pregnancy and that changes in posture, abdominal muscles, joint stress, and pregnancy-related hormonal changes can contribute to discomfort. Common concerns that bring expecting mothers to chiropractic evaluation include low back and pelvic discomfort, neck and upper back tension, rib discomfort, and postural strain as the belly grows. The practice also notes patient interest in maintaining comfortable movement and mobility during daily activity. Care is framed as support for individual musculoskeletal concerns rather than an attempt to alter the

normal physiological processes of pregnancy.

The practice states that chiropractic care during pregnancy is adapted to accommodate physical changes associated with the pregnant body. Positioning and techniques may be modified based on the patient's stage of pregnancy, comfort, health history, and examination findings. Care may begin at different stages of pregnancy depending on individual circumstances. Many patients also seek chiropractic evaluation after delivery for musculoskeletal concerns associated with recovery, feeding, carrying, lifting, and changes in daily movement. The first visit lasts about 30 minutes and includes a health history review, thorough assessment, posture screening, and nervous system scans used by the practice as part of its evaluation process to develop an individualized plan. Follow-up visits focus on progress, patient response, and individualized care.

One method referenced on the practice website is the Webster Technique, described as a specialized chiropractic analysis and adjustment approach used during pregnancy. The practice presents the technique as part of its approach to evaluating pelvic and musculoskeletal function. Like other clinical approaches, its use is determined according to individual findings and practitioner judgment. Infant evaluations after birth are also available for families interested in discussing chiropractic care for their children. Any pediatric assessment or care is adapted for the child's age and development, with parents encouraged to discuss questions about infant health with their pediatric healthcare provider.

Dr. Danny Otis, DC, LCP, DPhCS, founder and chiropractor, completed undergraduate studies at the University of Wisconsin?Eau Claire with double majors in Kinesiology: Movement Studies and Psychology: Human Behavior. He earned his Doctor of Chiropractic degree from Life Chiropractic College West, graduating with Clinical Honors, and later completed a three-year postgraduate diplomate program leading to the Diplomate in Philosophical Chiropractic Standards.

?Pregnancy changes how the spine and pelvis carry load, and those changes can affect comfort and daily movement,? said Dr. Danny Otis. ?A pregnancy-focused evaluation looks at posture, mobility, and how the body is adapting so care can be considered around each stage and each patient's individual presentation.?

Dr. Alex Paul, DC, PAK, co-founder and chiropractor, earned an undergraduate degree in Integrative Physiology and Neuroscience from the University of Colorado Boulder and a Doctor of Chiropractic degree from Life Chiropractic College West, graduating at the top of her class. She is certified in Applied Kinesiology and previously provided care in Wisconsin school districts, including leadership of a high school athletic program.

?The goal during pregnancy is to consider comfort and function as posture, ligaments, and daily movement

change,? said Dr. Alex Paul. ?Adapted techniques and a clear explanation of findings help families understand what an evaluation may involve and what care is intended to address at each point in the process.?

Care plans are described as individualized around each patient's circumstances and explained in straightforward terms. The office is presented as family-centered, with services that also include pediatric chiropractic consultations and care for other household members.

Summit County families often remain active throughout pregnancy, including walking, outdoor recreation, and work demands at elevation. The Frisco location places the practice within that community context. The guide on the practice website addresses frequent questions, including when patients may seek chiropractic evaluation, how care may be modified during pregnancy, what musculoskeletal concerns patients commonly discuss, and how families can ask questions about chiropractic services for children after birth.

Research on chiropractic and other manual approaches for pregnancy-related low back and pelvic pain continues to develop. Backcountry Chiropractic encourages individualized assessment and recognizes that chiropractic care may be one component of a broader healthcare plan developed around a patient's needs and circumstances.

Preconception and postpartum care are included in the practice's broader continuum of services. Before pregnancy, patients may seek chiropractic evaluation for existing musculoskeletal concerns, posture, mobility, or general physical function. After delivery, patients may return to discuss physical changes associated with recovery and the new demands of caring for an infant, including repetitive lifting, carrying, feeding positions, and changes in sleep routines. These stages are presented as connected periods of physical change while recognizing that pregnancy and postpartum care may also involve other qualified healthcare professionals.

The overall philosophy of Backcountry Chiropractic includes attention to the relationship between spinal movement, posture, and physical function. Pregnancy care is positioned within that framework: evaluate musculoskeletal function, identify areas of physical stress or restricted movement where appropriate, and consider care based on the patient's history, current presentation, and stage of pregnancy. Plans are not presented as standardized protocols. They are developed from individual examination findings and patient circumstances.

The practice emphasizes communication as part of the evaluation process. Patients are encouraged to discuss their health history, current symptoms, pregnancy status, and questions about care before treatment decisions are made. Chiropractic care does not replace prenatal care, obstetric care, pediatric care, or other medical services. Patients experiencing new, severe, or concerning symptoms should consult the appropriate

healthcare professional.

Backcountry Chiropractic offers chiropractic services to people of all ages in Frisco, CO. Founded by Dr. Danny Otis and Dr. Alex Paul, the practice provides individualized assessments and chiropractic care based on patient history, examination findings, and individual circumstances. Its pregnancy-focused educational materials are intended to help families understand how the practice approaches musculoskeletal evaluation and care during preconception, pregnancy, and the postpartum period.

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