



Sol Purpose Chiropractic Updates Prenatal Chiropractic Care Guide for Expectant Mothers in Gilbert, Arizona

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Sol Purpose Chiropractic has updated the prenatal chiropractic care section of its website to help expectant mothers better understand common reasons to consider chiropractic care during pregnancy. The prenatal chiropractic care guide outlines several topics patients can discuss during an initial visit. It also emphasizes the importance of reviewing each patient's health history and completing an individual examination before recommending care.

According to the clinic's published information, prenatal chiropractic care at Sol Purpose Chiropractic focuses on movement and comfort as the body changes throughout pregnancy. Shifts in body weight, posture, sleep positions, and daily physical demands can affect how a person moves and feels. Back or pelvic discomfort, difficulty sitting or standing for extended periods, and challenges with everyday movements can have several contributing factors. The clinic recommends beginning with a thorough health history and examination to understand each patient's needs. When chiropractic care is appropriate, positioning and techniques are adjusted to reflect the patient's stage of pregnancy, comfort, preferences, and overall prenatal health.

The updated guide highlights five common reasons women consider prenatal chiropractic care: supporting comfortable daily movement, adapting positioning throughout pregnancy, discussing changes in back and pelvic load, coordinating with the prenatal care team, and addressing movement and comfort as pregnancy progresses.

The clinic recognizes that every pregnancy is different and that patients may have different goals for care. These five topics provide a starting point for discussion, with recommendations based on an individual evaluation. The goal is to connect each patient's priorities with examination findings and the daily activities they want to perform more comfortably.

The guide also outlines potential benefits in terms of everyday function rather than guaranteed results. These include pregnancy-adapted positioning, support for comfortable movement, attention to changes in back and pelvic load, and coordination with the prenatal care team. The clinic explains that the potential benefits depend on the reason for care, clinical suitability, and each patient's response.

Recommendations focus on supporting comfortable movement and daily activities without promising a particular fetal position, delivery outcome, or complete relief from pregnancy-related symptoms. Care can be adjusted, paused, or referred for further evaluation when examination findings or health considerations indicate that another approach may be more appropriate.

Dr. Ty Helfrich, owner and clinic director of Sol Purpose Chiropractic, said the update reflects the practice's focus on understanding each patient's concerns and goals.

“The first step is understanding which activities or positions have become difficult and why that matters to the person,” Helfrich said. “Pregnancy changes load, posture, and tolerance for everyday tasks. Our role, when care is appropriate, is to evaluate how conservative chiropractic approaches can support comfortable movement and function, then explain findings clearly so the patient can decide with her prenatal provider.”

The clinic's website describes an initial visit that begins with a discussion of health history, current concerns, and personal goals. This conversation is followed by an individualized physical and movement assessment. Digital X-rays are considered only when clinically appropriate and when the results could influence the care plan.

After the assessment, the provider reviews the findings, available options, expected outcomes, and recommended next steps with the patient. The clinic encourages patients to prepare for their first visit by identifying the activities they want to improve, noting any movement limitations, and sharing previous care or testing. Patients are also encouraged to mention health factors that could affect their suitability for care.

Bringing relevant medical reports or previous imaging can help inform the discussion. The clinic also recommends preparing questions about available alternatives, what to expect during care, how progress will be evaluated, and which changes in symptoms or health should prompt a pause or referral.

Depending on the patient's needs, an individualized plan may include pregnancy-adapted chiropractic care, education, movement guidance, comfortable positioning strategies, posture support, recommendations for daily activities, gentle stretching, or coordination with other healthcare professionals. The clinic notes that these options are not appropriate for everyone. Patients are encouraged to ask questions, discuss their preferences, and share feedback so recommendations can reflect their response and changing goals.

Helfrich, a fourth-generation chiropractor and Life University graduate who earned his Doctorate of Chiropractic with honors and graduated cum laude, emphasized the importance of working alongside the professionals responsible for each patient's prenatal care.

"We do not replace the care provided by an obstetrician, midwife, or other prenatal clinician," he said. "The conversation may include spinal and pelvic movement, changing load, sleep, work, exercise tolerance, and prior history, but the decision about what belongs in a plan is made after examination and with the patient's broader prenatal context in mind."

The clinic's about page highlights an approach built on clear communication, transparency about findings and care options, and recommendations that reflect each patient's individual needs rather than a standard routine. The practice also emphasizes helping patients understand how their care relates to everyday activities and long-term function.

Co-owner and office manager Juliana Helfrich supports the patient experience at the front desk. The published team also includes Dr. Dean Burchenson, whom the clinic credits with more than 20 years of patient-management experience.

Through its updated prenatal chiropractic care guide, Sol Purpose Chiropractic aims to give expectant mothers a clearer understanding of the topics they can discuss with a provider, the evaluation process, and the importance of making informed care decisions in coordination with their prenatal healthcare team.

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Sol Purpose Chiropractic

Sol Purpose Chiropractic grew from an existing Gilbert practice and a clear vision: deliver corrective chiropractic care our way?with transparency, bright energy, and genuine connection.

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