Essential Life Boise Offers Pregnancy Chiropractic Care

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Essential Life Boise, chiropractic clinic in Boise, Idaho, has announced that they are offering chiropractic care during pregnancy. Dr. Yvonne, Doctor of Chiropractic at the clinic, is familiar with what happens during pregnancy because she has a son herself and she has already helped many pregnant women. She is trained in the Webster Technique, which has been developed specifically for pregnant women. This is for the pelvic floor, its muscles, bones, and ligaments. Because the ligaments are getting loose in preparation for labor, the sacrum can become twisted and the round ligament can get knots, which causes pain and makes it hard for the baby to come out. With the proper alignment of the sacrum and round ligaments, the pain may be reduced and allow for an easier delivery. More about this can be gleaned at https://elifeboise.com/chiropractic-care/pregnancy/.

Dr. Yvonne says, ?I can?t imagine being pregnant without having chiropractic. It made such a difference in my pregnancy and I love helping others the same way it helped me.? She explains, ?Gentle, specific chiropractic care is a great way to support a pregnant body and growing baby. For instance, as the hormones loosen the ribs, mom can get midback/rib pain. Midback chiropractic adjustments can help to decrease this discomfort. Morning-sickness can come with headaches and nausea. Specific chiropractic neck adjustments

can help to decrease neck pain and headaches. Finally, the low back is a constant source of pressure for a pregnant mom because of where the baby grows and is birthed. Specific adjustments to the low back/sacral will decrease pain and help the pelvic cavity to open at its best for the healthiest delivery possible.?

There are a number of benefits of chiropractic care during pregnancy. These include maintaining a healthy pregnancy, reduction of nausea, facilitation of the optimal fetal position, decease in the possibility of injury during pregnancy, reduction of back or rib pain, better sleep, reduction of labor and delivery time, and possibility of avoiding c-section.

Dr. Yvonne wants to emphasize that chiropractic care is a non-surgical and drug-free method for healing and wellness. It may be able to restore health and prevent injury by improving the body?s structural integrity, particularly the spine. This is important because the brain communicates with the other parts of the body through the spinal cord and the nervous system. When this communication is interrupted, illness may result. Such interferences may occur anywhere along the spine. For instance, if there is a problem in the neck, pain may be felt in the hand or arm.

In addition to pregnancy chiropractic care services, Essential Life Boise can also provide treatment for different kinds of patients, including people with disc injuries, victims of accidents, those with low back pain, people with food sensitivities, those with sports injuries, headaches, and jaw pain. They can also provide cold laser therapy, which utilizes wavelengths of light to speed up the healing process.

Disc injuries often manifest as tingling down the arms and legs. They will usually worsen, depending on how the person sits or stands. Thus, it may be that a person finds it difficult to find a comfortable position and finds it hard to sleep. Chiropractic adjustments can be made to help ease the spinal pressure on the spinal misalignment that is causing irritation to the disc, disc herniation, and disc bulges. There are various factors that can affect the discs, and these include heavy lifting, overuse injuries, weak core muscles, sports injuries, car accidents, scoliosis, and more.

Those who would like to know more about pregnancy chiropractic care or other types of chiropractic care may want to visit the Essential Life Boise website, or contact them through the telephone or via email.

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