

Transform Chiropractic Offers the Services of a Prenatal Chiropractor for Pregnancy

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Transform Chiropractic, a chiropractic clinic based on Toronto, Ontario, Canada, is happy to announce that they can provide a prenatal chiropractor for pregnancy. Chiropractic care is essential during pregnancy because during this period, the muscles and ligaments that support the vertebrae in the spinal column are stretched, which may lead not only to pain and discomfort in the hips and back, but also to complications during pregnancy and during labor and delivery.

Many people wonder whether it is safe for a pregnant woman to undergo chiropractic care. There is really nothing to worry about because millions of pregnant patient have already experienced the advantages of pregnancy chiropractic care and have found it to be safe for themselves and their baby. Furthermore, several studies have already proven the safety and effectiveness of chiropractic care during pregnancy.

Dr. Byron Mackay from Transform Chiropractic says, ?A prenatal adjustment happens when the doctor adjusts the spine, tendons, and ligaments to relieve stress in the back and pelvis to minimize discomfort and

pain. This helps prevent complications during pregnancy such as sciatica or pelvic girdle pain. These adjustments or spinal manipulations are gentle and comfortable for both you and your baby.?

A good option for pregnant women who require prenatal chiropractic care is a chiropractor who employs an adjustable table. This is because it enables the adjustments to be done with less pressure and greater ease, such that the process can be incredibly gentle. These specialized drop chiropractic tables may be used in both prenatal and postnatal care and are typically combined with the use of pregnancy pillows, which allow the growing stomach to be suitably cushioned.

The chiropractor will be able to provide gentle adjustments aimed at promoting optimal nervous system function and health throughout the entire pregnancy, and even up to the day of delivery in some cases. Regular chiropractic care during pregnancy may assist in relieving spinal nerve stress from the back and help avoid compression of the spinal nerves by adjusting the spine?s alignment. Chiropractors employ unique manual therapy methods and specific chiropractic analysis that are safe throughout the whole pregnancy period, and can provide relief for neck pain, low back pain, and other areas of joint pain.

Studies have shown that not only is chiropractic care a safe and effective method of helping pregnant women avoid the pains associated with pregnancy from labor and delivery, but it may also help in improving the position of the fetus during birth and may even help in reducing overall labor and delivery time.

Meanwhile, in a recent 5-star review, Ashley said, ?Always a great experience with a wonderfully clean office, affordable rates and referral program. Dr. Mackay and Katherine are always so friendly and attentive. I have already seen a difference in my posture and movement. Now a forever patient and will continue to recommend!?

Started in 2002, the chiropractors at Transform Chiropractic base their services on the belief that every patient has a unique set of health problems and goals and therefore there is a nee to personalize each treatment for each particular individual. Their mission is to help patients attain their health goals as fast and as completely as possible. They will always apply the most appropriate corrective chiropractic, and specific corrective home care method to make sure that their patients will get the best possible results. They use a wide variety of chiropractic techniques that can help people of different ages, from infants, to pregnant women to athletes and to the elderly who are 90 years old and above. At present, Transform Chiropractic has earned the reputation of being one of the top downtown Toronto chiropractic clinics, using several chiropractic adjustment techniques (Thompson, Gonstead, Diversified, Activator) in combination with customized postural and stabilization exercises.

People who need chiropractic services in Toronto can check out the Transform Chiropractic website, or contact them through the telephone or via email. They are open from 7:30 am to 10:30 am, 3:30 pm to 6:30 pm, from Monday to Thursday; and 8:30 am to 9:30 am on Saturdays.

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For more information about Transform Chiropractic, contact the company here:Transform ChiropracticDr. Byron Mackay416-604-4184transformchiro@gmail.comToronto West Professional Centre, 2425 Bloor St W #410, Toronto, ON M6S 4W4

Transform Chiropractic

Transform Chiropractic is an award-winning Toronto chiropractic clinic located in Bloor West Village. Dr. Byron Mackay and Dr. Elizabeth Viglasky have been helping patients with sciatica, neck pain and back pain for over 20 years.

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