



## **Arrowhead Clinic Publishes Blog Post On Chiropractic Care While Pregnant**

*May 22, 2023*

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Arrowhead Clinic, a chiropractic clinic that serves Georgia and South Carolina, has published a blog post that delves into whether chiropractic care is safe during pregnancy. The team at Arrowhead Clinic is composed of industry leaders who boast more than 40 years of experience in the field. They have treated hundreds of patients for personal injuries.

Dr. Harry Brown of Arrowhead Clinic states, "Pregnancy is beautiful, a period filled with hope, love, and anticipation for any expectant mother. However, it isn't without its downsides. As you are growing a new life within you, you may find yourself dealing with aches, pains, and perhaps a series of growing concerns."

He continued, "Typically, you may recognize that chiropractic care offers you a way to deal with these concerns in a healthy, accessible manner where you are always in charge of your own health, but you may now wonder whether the same holds true during pregnancy. While we always advise our community to speak directly with their chiropractor when they have any question of this nature, we are happy to confirm that the experts do consider it safe to receive chiropractic care while pregnant."

In the blog post, Arrowhead Clinic adds that most chiropractors take a holistic view of women's health, understanding that the body changes during each trimester and adjusting treatments accordingly to ensure that the treatments are both safe and effective.

Advocates for chiropractic care during pregnancy believe that there are many benefits to the process. Proper chiropractic care can alleviate pain and tension in the lower back, prevent pelvic misalignment, improve the quality of sleep, provide relief from sciatica, improve fetal positioning, and reduce labor time. The blog post explains that chiropractors often recommend physical therapy exercises and stretches in addition to providing treatment. These exercises can improve the patient's range of motion and provide nutritional advice to support a healthier pregnancy.

Additionally, a good chiropractor for pregnancy will use low-force methods, such as Cox Flexion Distraction Technique and Activator Methods, which have been found to increase mobility in pregnant women. Considering these factors, there is good reason to believe that as long as the treatments are conducted with proper guidance by qualified healthcare practitioners, pregnant women stand to benefit greatly.

However, some chiropractic practitioners may employ high-velocity thrusting maneuvers, which, while beneficial in general, could cause harm or injury during pregnancy if not done correctly. Furthermore, spinal adjustments during pregnancy may occur close to specific organs and blood vessels, thus prompting some health professionals to advise against these types of treatments during this period.

While there are studies that have found that chiropractic adjustments may help to reduce back pain and improve overall function during pregnancy, the procedure is not without risk, especially if it is administered by untrained practitioners. Arrowhead Clinic recommends that pregnant women consult their physicians before entering any chiropractic treatment program.

Dr. Brown says, "While I do believe that chiropractic care can be greatly beneficial for pregnant women, especially because of its ability to relieve back pain and improve posture and function, there is no universal consensus as to its efficacy. While a trusted and trained chiropractic practitioner may be able to help you, untrained ones could cause more trouble than it is worth. Pregnant women should always make sure that they are consulting with their doctors and their midwives before they consider chiropractic care. However, this doesn't mean that pregnant women don't have other options for relief from pain and tension."

The blog post points to such alternatives for relief, stating that these options include physical therapy techniques (hot/cold packs or hydrotherapy); core strengthening exercises (Pilates or yoga); acupuncture; and massage therapy. Other holistic treatments, such as reflexology or Reiki, may be utilized. For severe cases, Arrowhead Clinic explains that medications such as acetaminophen or ibuprofen may be recommended under supervision by a doctor.

Those seeking chiropractor care or who simply want to learn more about the full range of services offered by Arrowhead Clinic should visit the clinic's website for more information. Dr. Harry Brown encourages interested parties to get in touch via phone for any questions or concerns they may have. Arrowhead Clinic can also be found on Facebook, Twitter, and YouTube.

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For more information about Arrowhead Clinic, contact the company here: Arrowhead Clinic Dr. Harry Brown (800) 961-7246 info@arrowheadclinics.com

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Arrowhead Clinic - #1 Rated Chiropractors Serving Georgia & South Carolina for Over 40 years. Car Accident Doctor Car / Truck Accident Injuries At Arrowhead Clinics we have been specializing in treating Car Accident Injury victims for nearly 40 years and are leaders in the field. [Learn More](#) Neck And Back Pain Chiropractor Neck and Back Pain At Arrowhead Clinics we have been the experts in treating Neck and Back Injuries for nearly 40 years. [Learn More](#) Slip And Fall Injury Doctor Slip and Fall At Arrowhead Clinics we have treated patients from all walks of life who have suffered from Slip And Fall Injuries. [Learn More](#) Looking for a "Chiropractor Near Me?" Do you need Medical Care? Do you need an Attorney who has your best interest? You've came to the right place! At Arrowhead Clinics we have treated all ages and types of athletes who have suffered from Sports Injuries with our top-of-the-line Chiropractic Technique. Have you been Injured on the Job? Hurt by Slip and Fall? Arrowhead Clinics has specialized in Worker's Comp Injuries for nearly 40 years. We will provide treatment for your Injuries, and refer you to the best Personal Injury Attorney that won't charge astronomical fees. Personal Injury Expertise at its Best At Arrowhead we've been specializing in the treatment of Personal Injuries for nearly 40 years, and are the leaders in the field. By using Chiropractic Doctors and Medical Doctors we are able to treat and document your injuries with care and scrutiny. And if

you need an attorney we can refer you to only the Best Personal Injury Attorneys to help settle your case. The combination of the Best Doctors and the Best Attorneys will enable you to get well and get the most money in your Settlement. Call our doctors first before contacting an Attorney! Call Arrowhead Clinics so you can begin treatment immediately. Call your insurance company, and set up a claim. Always call the police and have an accident report filled out.",

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### Arrowhead Clinic

*Arrowhead Clinic has 17 clinics serving Georgia residents with expert chiropractic and medical care for personal injuries and auto accidents for over 48 years.*

Website: <https://www.arrowheadclinic.com/>

Email: [info@arrowheadclinics.com](mailto:info@arrowheadclinics.com)

Phone: (800) 961-7246

