Fishel Chiropractic Highlights Role of Postpartum Chiropractic Care in Supporting New Mothers' Recovery Across St. Louis, MO

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Fishel Chiropractic, a family-oriented practice in Sunset Hills, Missouri, emphasizes the significance of postpartum chiropractic care as part of its services for expectant and new mothers. This focus highlights how such care may aid in restoring balance and alleviating common discomforts following childbirth.

Postpartum chiropractic care at Fishel Chiropractic addresses physical changes after delivery. The body undergoes significant adjustments during pregnancy and birth, often leading to misalignments in the pelvis, spine, and posture. Through gentle techniques, chiropractors aim to restore nervous system function, improve pelvic alignment, and reduce tension from activities like feeding and holding a newborn. This approach is intended to support healing in the weeks and months after birth, helping mothers adapt to their new roles. A systematic review of studies indicates that specific chiropractic interventions can be effective for managing postpartum-related low back pain, pelvic girdle pain, or a combination of both; however, these studies are limited in scope, often involving small sample sizes, and their findings are not conclusive across all populations. Additionally, a narrative review suggests that chiropractic care during and after pregnancy may help treat common musculoskeletal symptoms, though the evidence is preliminary and requires further

large-scale research to establish broader efficacy.

Many new mothers experience pelvic discomfort, low back pain, and neck strain from childcare demands. Postpartum chiropractic care targets these areas by promoting proper alignment and reducing inflammation without medications or invasive procedures. It may also contribute to better sleep patterns and emotional stability by facilitating hormonal balance and nervous system regulation, though these outcomes are based on clinical observations and require further research to distinguish from individual variability. Wrist and carpal tunnel issues from repetitive infant care motions can receive attention through tailored adjustments aimed at enhancing mobility and reducing pain. Case studies, such as one on postpartum pubic symphysis diastasis, provide supporting evidence that chiropractic management may reduce pain and facilitate a return to normal activities, but results can vary, the studies are limited in scope, and should not be considered universally verified medical outcomes.

The practice integrates postpartum chiropractic care in St. Louis, MO, with its prenatal services, creating a continuum of support for families. During pregnancy, techniques like the Webster Technique are used to maintain pelvic balance, reduce ligament tension, and support fetal development and positioning. This preparation may lead to smoother labor experiences, based on anecdotal reports and some studies, though verified reductions in interventions are not universally established and the evidence is not conclusive. Transitioning into the postpartum period, the care builds on this foundation to aid recovery, allowing mothers to focus on bonding with their infants.

Dr. Danielle Fishel, DC, chiropractor at Fishel Chiropractic, notes the interconnected nature of prenatal and postpartum support. "Postpartum chiropractic care serves as an essential component in the recovery process, helping mothers address the physical toll of childbirth and adapt to changes in their bodies," said Dr. Fishel. "By focusing on alignment and nervous system health, this care enables women to heal more effectively and engage fully in motherhood." Dr. Fishel holds a Doctor of Chiropractic from Logan University, with certifications including Webster Technique, Prenatal Certification through the International Chiropractic Pediatric Association (ICPA), Certification by the Academy Council of Chiropractic Pediatrics (CACCP), Craniosacral Therapy (CST), and International Board Certified Lactation Consultant (IBCLC). She is licensed by the Missouri State Board of Chiropractic Examiners.

In addition to pain relief, postpartum chiropractic care at the practice promotes long-term wellness. It encourages better posture to help prevent future issues related to carrying and nursing children. The gentle methods used are safe for all ages, extending to pediatric care that supports child development and immune function. This family-centered approach ensures households benefit from chiropractic interventions.

Fishel Chiropractic offers complementary services that enhance postpartum recovery, such as acupuncture for stress relief and lactation support for breastfeeding challenges. These options provide a multifaceted path

to health, with patient education empowering informed decisions about care.

Beyond immediate recovery, postpartum chiropractic care may contribute to preventing chronic conditions from unaddressed misalignments. For instance, ongoing pelvic instability can lead to persistent back problems, but regular adjustments aim to stabilize the area and strengthen supporting muscles. This proactive stance focuses on treating underlying causes rather than symptoms.

Dr. Fishel further elaborates on the broader implications of this care. "Incorporating postpartum chiropractic care into a mother's routine can significantly influence her overall quality of life, from improved mobility to enhanced emotional resilience," said Dr. Fishel. "It represents a method to navigate the transitions of new parenthood."

The chiropractic practice serves the greater St. Louis area, with a convenient location in Sunset Hills for customized visits.

Fishel Chiropractic maintains a welcoming environment designed for families, with techniques adapted for pregnant women, infants, and children. The focus on gentle, non-invasive methods reflects years of experience in specialized care.

As part of its educational efforts, the practice shares insights through blog posts on topics like the Webster Technique, low back pain, and conditions such as torticollis.

Fishel Chiropractic prioritizes approaches that support life's various stages, from pregnancy through postpartum and beyond, positioning the practice as a resource for families seeking health solutions.

Fishel Chiropractic provides chiropractic services in St. Louis, MO, focused on pain relief, posture correction, and balance restoration for individuals of all ages. The practice specializes in prenatal and postpartum care, pediatric adjustments, acupuncture, and lactation support, serving the community with a patient-centered model that emphasizes root cause treatment.

Disclaimer: Chiropractic care should complement, not replace, medical supervision for postpartum recovery. New mothers are encouraged to consult their healthcare providers for comprehensive postnatal care.

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At Fishel Chiropractic, we believe that health begins with connection?between brain and body, within families, and between our team and the people we serve.

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