

# Ascend Family Chiropractic Highlights Prenatal Chiropractic Care in Pierce County, WA

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Ascend Family Chiropractic highlights prenatal chiropractic care in Pierce County, WA as a supportive option for expectant mothers navigating the physical demands of pregnancy. The Graham-based clinic offers gentle, individualized adjustments tailored to the changing needs of pregnant patients at every stage, from early pregnancy through postpartum recovery. This focus aligns with the clinic's founding mission of providing calm, thoughtful chiropractic services to families in the region.

Dr. Chaz Curtis established Ascend Family Chiropractic after his own teenage experiences with multiple injuries, head trauma, and chronic migraines. Chiropractic care brought him meaningful improvements in pain levels, body function, recovery, and stress management. These personal insights shaped the clinic's approach, which emphasizes listening carefully, explaining clearly, and guiding patients toward informed health decisions at a comfortable pace. The practice serves families across Pierce County, addressing a range of needs while maintaining a relational and non-rushed environment.

Prenatal chiropractic care at Ascend Family Chiropractic involves pregnancy-appropriate techniques that accommodate the body's shifts in spinal and pelvic alignment. Adjustments utilize supportive tables, positioning cushions, and gentle methods designed specifically for expectant mothers. Instrument-assisted options are available when suitable, and every visit adapts to the patient's current comfort and feelings that day. The first appointment includes a comprehensive consultation covering health history, pregnancy progress, and wellness goals, followed by a gentle assessment and a customized plan.

Expectant mothers often seek prenatal chiropractic care for lower back and pelvic comfort as weight distribution and posture change during pregnancy. Adjustments help alleviate associated pain and pressure while improving mobility and joint function. Proper pelvic alignment may also reduce the likelihood of breech presentation and contribute to a smoother delivery process. Beyond physical relief, the care aims to lower overall tension and stress, creating a more balanced state for both mother and baby.

Research supports the role of chiropractic care during pregnancy. A narrative review of the literature found favorable results for chiropractic treatment in reducing the intensity of low back pain among pregnant patients, describing it as a safe and effective option for common musculoskeletal symptoms. Another study involving pregnant patients with low back or pelvic pain reported that a large proportion experienced clinically relevant improvement at multiple time points up to one year following chiropractic treatment. Additional reviews have noted that adverse events from spinal manipulation in pregnant populations appear rare, with most reported issues being mild and transient.

Postpartum benefits also form part of the prenatal chiropractic care continuum at the clinic. New mothers receive support for easing physical strain from caring for a newborn, addressing lingering alignment issues, and promoting long-term spinal health. This continued care helps restore balance and supports the nervous system, allowing mothers to feel more centered while managing the demands of early parenthood.

Dr. Chaz Curtis, DC, Founder of Ascend Family Chiropractic, stated, "Personal recovery through chiropractic care highlighted the importance of supporting the body's natural ability to adapt and heal. Prenatal chiropractic care extends this principle to expectant mothers, helping them maintain comfort and confidence throughout pregnancy and into recovery."

The clinic's team collaborates to deliver consistent, compassionate service. Office managers Marilyn Curtis and Caitlyn manage operations, while Evelyn serves as X-Ray Technician and Chiropractic Assistant. Assistants Tina and Jacey contribute to daily patient support, ensuring a smooth and respectful experience for all visitors, including those receiving prenatal chiropractic care in Pierce County, WA.

Ascend Family Chiropractic integrates prenatal services within its broader family-centered offerings. The practice addresses conditions such as back pain, neck discomfort, headaches, sciatica, and sports injuries through evidence-informed spinal adjustments. Wellness care encourages routine maintenance to support posture, immune function, energy levels, and overall nervous system performance. Care remains individualized, avoiding one-size-fits-all protocols and instead focusing on each person's unique circumstances and goals.

Studies have documented additional positive outcomes. One investigation showed significant reductions in pain and improvements in functional movement when chiropractic management complemented usual obstetric care for pregnancy-related lumbopelvic pain. Patient-reported outcomes from chiropractic care during pregnancy have also indicated high satisfaction levels alongside enhancements in quality-of-life measures, including reduced fatigue and pain interference.

The clinic operates in Graham, Washington, serving the surrounding Pierce County community through

trusted, long-term relationships. Its philosophy centers on integrity in recommendations, thoughtful and respectful delivery of care, compassion in meeting patients where they are, and empowerment through clear education. This environment allows pregnant patients to feel heard and supported in making health choices that align with their preferences and needs.

Prenatal chiropractic care in Pierce County, WA at Ascend Family Chiropractic continues to respond to the physical changes and challenges that accompany pregnancy. By maintaining spinal and pelvic balance, the care helps reduce unnecessary strain and promotes healthier movement patterns. The approach remains gentle and adaptive, prioritizing safety and patient comfort at every stage.

Dr. Chaz Curtis, DC, added, "Pregnancy brings unique demands on the body, and chiropractic care offers a non-invasive way to support comfort and function. Our goal is to provide expectant mothers with clear information and tailored adjustments that contribute to a more positive pregnancy and postpartum experience."

As families in the area seek natural options for health management, Ascend Family Chiropractic maintains its commitment to evidence-informed practices rooted in real-world patient needs. The clinic's prenatal services reflect years of experience in family chiropractic, extending the same principles of calm, honest care to those preparing for new life stages.

Ascend Family Chiropractic serves as a family-centered practice in Graham, Washington. The clinic specializes in chiropractic care that supports pain relief, injury recovery, and wellness maintenance for individuals and families across all ages. Through personalized, thoughtful treatments in a supportive setting, the practice aids better movement, comfort, and quality of life for the Pierce County community.

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## **Ascend Family Chiropractic**

*Our chiropractors are dedicated to providing compassionate care and educating you on the benefits of chiropractic wellness.*

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