Universal Wellness Roscoe Village Offers Prenatal Chiropractic Care in Chicago

April 14, 2026

CHICAGO, IL - April 14, 2026 -
Universal Wellness Roscoe Village provides prenatal chiropractic care in Chicago to support expecting mothers through the physical, hormonal and emotional changes of pregnancy. The clinic located in the Roscoe Village neighborhood delivers gentle adjustments tailored to the needs of pregnant patients.

Pregnancy places additional stress on the spine, pelvis and joints as the body adapts to accommodate the growing baby. These shifts can lead to misalignments that contribute to discomfort and interfere with nervous system function. Prenatal chiropractic care addresses these changes through safe non-invasive techniques designed to maintain alignment improve comfort and create a more balanced environment for both mother and baby.

The clinic employs the Webster Technique which promotes pelvic balance and relieves tension in the pelvic muscles and ligaments. This approach helps reduce discomfort and supports optimal fetal positioning which may lower the likelihood of breech presentation and contribute to a smoother delivery process. Adjustable tables and specialized positioning cushions accommodate the changing body at every stage of pregnancy ensuring comfort during assessments and adjustments.

Benefits reported by patients receiving prenatal chiropractic care include reduced back and pelvic pain improved mobility and flexibility as well as decreased physical and emotional stress. Care extends beyond immediate relief offering potential advantages for postpartum recovery through better alignment and support for long-term spinal health. The approach also incorporates guidance on posture exercise and nutrition to complement the adjustments.

Dr. John Reuter DC, founder and chiropractor at Universal Wellness Roscoe Village, brings a personal perspective to patient care. His own experience beginning chiropractic treatment at age 13 for severe allergies and symptoms of ADD and ADHD led to significant improvements that eliminated the need for

medication and allergy shots. This transformation shaped his dedication to natural corrective care for individuals and families.

As a chiropractor in Chicago Dr. Reuter develops individualized plans that consider each patient's health history progress and goals. The clinic serves expecting mothers at all stages of pregnancy from early foundational support to relief from later-stage discomforts. Gentle diagnostic techniques assess spinal and pelvic alignment while customized adjustments promote natural healing without reliance on medications or invasive procedures.

Dr. John Reuter DC stated that prenatal care forms an important part of the clinic's services. "Supporting the body's alignment during pregnancy helps address the unique stresses placed on the spine and pelvis allowing mothers to experience greater comfort and prepare for the demands of motherhood" said Dr. Reuter.

Jasmine Cervantes office manager at Universal Wellness Roscoe Village highlighted the team's role in patient support. "The environment at the clinic focuses on making each visit comfortable and informative so that expecting mothers feel informed and cared for throughout their pregnancy journey" said Cervantes.

The team at Universal Wellness Roscoe Village includes professionals with specialized backgrounds. Bryan serves as SoftWave technician with training in kinesiology and certifications in personal training and X-ray technology. Litzy Gomez works as chiropractic assistant holding a degree in integrated health studies while pursuing advanced education in health information management. Peggy acts as events assistant coordinating community outreach activities.

Universal Wellness Roscoe Village was founded by Dr. Reuter in October 2021 following his education at the University of Wisconsin-Eau Claire where he earned an undergraduate degree in kinesiology and pre-chiropractic studies and at Life University where he received his Doctor of Chiropractic degree. The practice emphasizes education empowering patients to understand spinal health and participate actively in their wellness.

Prenatal chiropractic care at the clinic integrates with the broader range of services that address back pain neck pain headaches sciatica and sports injuries. SoftWave Therapy provides an additional option for tissue support in appropriate cases. All techniques prioritize safety and comfort with adjustments modified according to pregnancy stage and individual needs.

The clinic participates in selected local events to share information about spinal health and preventive practices. These activities allow residents of Chicago and surrounding areas to learn about options for managing the physical changes associated with pregnancy and other life stages through established chiropractic methods.

Universal Wellness Roscoe Village maintains a focus on non-invasive corrective care that targets root causes rather than temporary symptom relief. Initial consultations include comprehensive health history reviews followed by tailored recommendations. Progress receives regular monitoring with adjustments made as pregnancy advances and patient needs evolve.

By offering prenatal chiropractic care in Chicago the clinic contributes to community resources for expecting families. The approach aligns with Dr. Reuter's long-standing commitment to helping patients achieve improved function and well-being through natural means. Care continues to adapt as new mothers transition into postpartum recovery with ongoing support for alignment and daily function.

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For more information about Universal Wellness Roscoe Village, contact the company here:Universal Wellness Roscoe VillageDr. John Reuter., DC(773) 880-0900rsv@uwschiro.com1846 W Belmont Ave, Chicago, IL 60657

Universal Wellness Roscoe Village

Whether you?re seeking relief from chronic pain, recovering from an injury, or simply looking to maintain a healthy lifestyle, our team at Universal Wellness Roscoe Village is here to help you every step of the way.

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