

Acru Health: Precision Chiropractic Offers Prenatal Chiropractic Care in San Diego

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Acru Health: Precision Chiropractic continues to provide specialized chiropractic care to expectant mothers in San Diego as part of its broader commitment to precision care. The practice voted Best Chiropractor in San Diego by San Diego Magazine in 2023, maintains structured approaches for women during pregnancy.

The team at Acru Health: Precision Chiropractic integrates the Torque Release Technique into prenatal services. This method involves gentle, precise adjustments delivered through a specialized instrument called the Integrator. The technique applies low-force, high-speed impulses at specific points along the spine. Doctors at the practice hold advanced proficiency certification in the Torque Release Technique.

Dr. Rafael Ramon, chiropractor at Acru Health: Precision Chiropractic, stated, "I was tired of working in the hospital system and seeing a reactive approach to health. I was convinced that there was a better way to promote, grow, and accrue health in the human body. What I learned would forever change my health and the health of those who I love."

Pregnancy involves numerous changes to the body over a relatively short period. These include shifts in center of gravity, alterations in posture, and impacts on balance as the baby grows. The practice addresses these developments through structured care plans. The team works with comprehensive examinations to create individualized approaches that align with each patient's specific needs and stage of pregnancy.

The practice structures its prenatal offerings around support during pregnancy and preparation for delivery. Care focuses on spinal alignment and pelvic stability through gentle techniques. The team also incorporates the Webster Technique for cases involving fetal positioning. All doctors at the practice are trained in this method.

Dr. Chris Norton, chiropractor at Acru Health: Precision Chiropractic, brings a personal connection to the field as a second-generation chiropractor. He was adjusted from birth and has lived the principles the practice upholds. Norton carries his dedication to chiropractic care forward in daily practice, including work with expectant mothers.

The doctors and staff collectively bring more than 20,000 hours of education and clinical experience to their work. This foundation supports consistent application of current techniques and ongoing professional development in chiropractic science. The practice operates from locations in Bankers Hill and La Mesa.

Spinal alignment receives particular attention in prenatal care because the spine houses the central nervous system. The team notes that misalignments, known as subluxations, occur during periods of significant bodily change. Care plans typically involve a series of visits that allow for progressive adjustments and monitoring of progress through follow-up evaluations.

The practice fosters an environment that encourages active patient participation. Education on lifestyle factors, such as safe exercise during pregnancy and pelvic floor considerations, accompanies care plans. The approach extends to families, with services designed to accommodate different life stages from pregnancy through postpartum periods. This family-centered model reflects the view that health choices benefit entire households.

The philosophy centers on proactive health management. The team incorporates consistent spinal care as a component during pregnancy. This perspective stems directly from the experiences of the founding doctors, who observed limitations in conventional reactive systems and sought alternatives rooted in natural healing processes. According to the American Pregnancy Association, chiropractic care during pregnancy can help maintain a healthier pregnancy and control symptoms of nausea.

Research published in the Journal of Manipulative and Physiological Therapeutics has reported an 82

percent success rate of babies turning to vertex position when doctors of chiropractic used the Webster Technique. Additional studies indicate that women receiving chiropractic care during pregnancy experienced reduced labor times compared to those who did not.

The practice remains dedicated to methods that prioritize patient comfort and structural considerations during pregnancy. Regular team training ensures familiarity with developments in spinal health and nervous system support relevant to prenatal care.

Patients in the prenatal program often present with concerns related to posture changes, pelvic stability, or general discomfort associated with pregnancy progression. The structured intake process and use of advanced instrumentation allow the team to map specific needs and track responses over time. This methodical documentation forms the basis for adjustments that evolve with each individual's pregnancy progress.

The practice maintains its commitment to natural, patient-specific interventions. The integration of technique, analysis, and supportive guidance distinguishes the delivery of prenatal care. Through continued application of these standards, the practice contributes to the local landscape of health services. The team remains focused on delivering care that aligns with the 2023 voted recognition for excellence in the field.

The practice's dedication to the Torque Release Technique and individualized plans continues to shape its daily operations. With board certification by the California Board of Chiropractic Examiners for its doctors, the practice upholds professional standards while serving the diverse needs of expectant mothers in the community. This combination of advanced certification, extensive clinical hours, and service forms the basis for its ongoing role in regional chiropractic care.

The doctors each maintain advanced proficiency in the Torque Release Technique and participate in ongoing education to stay current with developments in the field. The collective experience of the team exceeds 20,000 hours, supporting a consistent level of care delivery across patient demographics, including those seeking prenatal support.

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Acru Health: Precision Chiropractic

Our team of experienced chiropractors are Board Certified by The California Board of Chiropractic Examiners. Both Dr. Rafael and Dr. Chris are Advanced Proficiency Certified in Torque Release Technique.

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