



## **Complete Family Healthcare Offers Prenatal Chiropractic Care in Alpharetta, GA**

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Complete Family Healthcare provides prenatal chiropractic care in Alpharetta, GA as part of its services for expecting mothers. The practice, which opened on January 1, 2006, incorporates Webster technique methods into its approach for women during pregnancy and in the postpartum period.

Dr. JJ Anthonijs, owner of the practice, is a certified Webster technique chiropractor affiliated with the International Chiropractic Pediatric Association. He has completed additional training seminars and passed a certification test to offer chiropractic care safely through the first, second, and third trimesters as well as support for stabilizing the spine and pelvis after childbirth. Over his years in practice, Dr. Anthonijs has provided care to hundreds of pregnant women, with many returning for subsequent pregnancies and extending care to their families.

Pregnancy involves an accelerated shift in weight distribution that places additional stress on the pelvis and spinal column. This effect increases daily with weight gain and is influenced by the release of growth hormones, including relaxin. Relaxin contributes to the necessary body changes for childbirth but also increases flexibility in the soft tissues between pelvic joints and spinal discs. This can lead to exaggerated

misalignments in the spine and pelvis, which may contribute to various musculoskeletal symptoms experienced during pregnancy. Women who do not receive chiropractic care during such periods have sometimes reported that their low back and hips did not feel the same after childbirth, with effects potentially worsening in subsequent pregnancies.

As a family chiropractor, Dr. Anthonijs values relationships with patients and coordination with other healthcare providers involved in prenatal care. The practice addresses these pregnancy-related changes through adjustments tailored to the needs of expecting mothers. Dr. Anthonijs earned a Bachelor of Science degree from the University of Wisconsin Stevens Point in 2000 and a Doctorate of Chiropractic from Palmer College of Chiropractic in January 2004. His training included traditional hands-on techniques with emphasis on the Gonstead method and extremity adjusting. He has developed a blended technique of full spine and extremity adjustments suitable for patients across all ages and demographics.

Dr. Jarrod Wise serves as associate chiropractor at Complete Family Healthcare. Together, the doctors bring extensive combined experience to their work in natural health care and education. Patient evaluations at the practice include a comprehensive assessment and explanation of chiropractic principles to determine appropriateness of care. Customized plans are developed based on individual conditions and goals, focusing on non-medication and non-surgical approaches where suitable.

The Webster technique forms a key component of prenatal chiropractic care offered at the practice. This method supports pelvic balance and spinal stability during pregnancy. Dr. Anthonijs has applied this certification in supporting women through multiple pregnancies and in postpartum recovery. The practice philosophy emphasizes ethical and logical clinical management of health conditions that may respond to chiropractic interventions.

In addition to prenatal services, Complete Family Healthcare maintains educational resources for patients. A bi-weekly newsletter is available by subscription to both current patients and others interested in health topics. Content includes discussions on stress reduction, disc conditions, benefits of regular adjustments, impacts of auto accidents, combined therapies, guidance for selecting care providers, stretching techniques, headache management, and indicators for considering adjustments. Subscribed individuals can access a member wellness section with animated exercise videos and additional articles to support wellness between visits.

The practice received the 2015 Chiropractic Alpharetta Patients' Choice Award, verified by Opencare.com, based on patient feedback from that time. This recognition reflects aspects of the care provided within the local community.

Initial visits involve detailed evaluations to assess suitability for chiropractic care, including prenatal

applications. The process accommodates individual time constraints and health objectives. Online forms are available for completion in advance, supporting efficient preparation for appointments. The facility has operated continuously since its establishment in 2006, serving athletes, corporate professionals, families, and individuals with varied wellness goals.

Dr. Anthonijs's background includes ownership and management of clinics in Wisconsin and Illinois prior to relocating to Georgia. This Midwest experience informed his approach to patient care in different settings. At Complete Family Healthcare, the integration of Webster technique with broader chiropractic methods supports care for pregnant women alongside general family services. The practice maintains in-network status with many health and auto insurance providers in Georgia, while also offering self-pay options.

Educational materials highlight the role of chiropractic in addressing pregnancy-related musculoskeletal changes. Articles and resources explain anatomical shifts and potential management strategies through adjustments. The focus remains on informing patients about options for maintaining function and comfort during this period. Coordination with other providers helps ensure comprehensive care throughout pregnancy.

Over nearly two decades of operation, the practice has observed patterns in prenatal care where women seek support for stability and comfort. Many patients continue care postpartum and for their families, indicating sustained relationships built through consistent service. The Webster certification enables targeted applications for pelvic and spinal alignment specific to pregnancy physiology.

"Webster technique certification allows for specialized support in managing spinal and pelvic changes that occur during pregnancy," said Dr. JJ Anthonijs, owner and chiropractor at Complete Family Healthcare.

"Providing prenatal chiropractic care complements overall family health strategies by addressing specific needs at different life stages," said Dr. Jarrod Wise, associate chiropractor at Complete Family Healthcare.

Complete Family Healthcare operates with flexible scheduling to accommodate busy patient lives. The blended adjustment techniques draw from foundational training at Palmer College and ongoing clinical application. Services encompass back pain, neck pain, headaches, muscular tightness, tension, injury recovery, chronic spinal conditions, and wellness maintenance. Prenatal care fits within this framework as a specialized offering for expecting mothers.

The practice structure supports patient participation through informed evaluations and resource access. Newsletter subscriptions provide ongoing information independent of active patient status. The 3D spine simulator and other tools offer visual explanations of spinal and neural relationships, which may contextualize prenatal adjustments. All resources emphasize educational value without replacing professional clinical

advice.

Complete Family Healthcare functions as a chiropractic facility dedicated to evaluations, adjustments, and related modalities for various conditions. Established in 2006, it draws from the doctors' educational backgrounds and clinical experience in Gonstead principles, extremity methods, and pregnancy-specific techniques. The approach prioritizes non-invasive options for suitable candidates seeking pain management, functional improvement, and wellness support.

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## **Complete Family Healthcare**

*Dr. JJ Anthonijs and Dr. Jarrod Wise bring 25+ years of combined experience and are in network with most health and auto insurance plans in Georgia. They help patients reach their health goals with or without filing insurance claims.*

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