



Core Wellness

Chiropractic and Anti-Aging Centre

Core Wellness Chiropractic & Anti-Aging Centre Provides Prenatal Chiropractic Care in Kane County, IL

June 09, 2026

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Core Wellness Chiropractic & Anti-Aging Centre provides prenatal chiropractic care in Kane County, IL among the approaches available for expecting mothers. Materials on the centre's website describe the role of such care in supporting physiological function during pregnancy through established chiropractic methods.

Dr. Patricia Zanelli serves as the practitioner at the centre. She holds a Doctorate of Chiropractic from the National University of Health Sciences. Dr. Zanelli maintains certification in the Webster Pregnancy Technique. She is also one of a limited number of practitioners certified in the Advanced Muscle Integration Technique. The centre's information notes her knowledge regarding supplementation considerations relevant to pregnancy.

Common reports during pregnancy include low back pain, with studies indicating a prevalence ranging from 57 percent to 69 percent. Additional complaints noted in centre materials encompass sciatica, Piriformis Syndrome, Sacroiliac Joint dysfunction, mid-back and rib pain, hip pain, ankle pain, knee pain, postural distortions, headaches, neck pain, and pubic symphysis dysfunction. The website indicates that many women experiencing these do not report them to prenatal providers or receive recommendations for intervention.

Centre documentation states that there are no known contraindications to chiropractic care throughout pregnancy when administered by a trained and certified chiropractor. Dr. Zanelli has received specialized training for working with pregnant patients and the centre provides equipment designed to accommodate them.

Chiropractic care during pregnancy relates to the normal physiological function of both mother and baby. Materials explain that tense muscles and ligaments in the low back and pelvis can result in uterine nerve interference, pelvic misalignment, and tightening or torsion of pelvic muscles and ligaments. These factors may influence the baby's position for birth.

The Webster Technique is described as a specific chiropractic sacral analysis and diversified adjustment. Its application aims to reduce effects of sacral subluxation and sacroiliac joint dysfunction. This process is said to facilitate neuro-biomechanical function in the pelvis. Sacral subluxation is noted as a potential contributor to difficult labor, known as dystocia, through mechanisms such as inadequate uterine function, pelvic contraction, or baby mal-presentation. Correction of such subluxation is indicated as potentially affecting these factors.

The centre's materials specify that practitioners address biomechanical causes of intrauterine constraint without attempting to reposition the fetus. The Webster Technique operates by balancing pelvic muscles and ligaments to reduce torsion in the uterus. This is presented as a method that may support delivery processes.

Research referenced on the site includes findings from the Journal of Manipulative and Physiological Therapeutics. According to this source, 84 percent of women who received spinal manipulative therapy during pregnancy reported relief of back pain. The same study noted a significant reduction of back labor during delivery associated with such therapy. Another reference from the Family Practice Research Journal indicates that among women evaluated for Sacroiliac Joint Dysfunction meeting specific criteria, 91 percent of those adjusted experienced relief of pain and no longer showed signs of sacroiliac subluxation.

Dr. Patricia Zanelli said, "The Webster Technique provides a safe and comfortable way to address pelvic concerns during pregnancy and may help facilitate neuro-biomechanical function in the pelvis."

She added, "Chiropractic care during pregnancy supports the normal physiological function of both the mother and baby through the application of specific adjustments and analysis."

The centre's approach incorporates education for patients regarding health during and after pregnancy. Special equipment is available to support comfort during visits. The website outlines that care is provided in a setting designed for pregnant women, with attention to postural changes and related musculoskeletal

considerations.

Additional details from the centre describe how adjustments target areas such as the low back, pelvis, and other regions affected by pregnancy. The process involves assessment of sacral alignment and application of techniques to address identified dysfunctions. Materials emphasize the importance of proper pelvic balance for maternal and fetal positioning.

Dr. Zanelli's certification in the Webster Pregnancy Technique underpins the application of this method at the centre. The technique is characterized as involving precise sacral analysis and adjustment protocols. Centre information connects its use to management of conditions associated with pregnancy progression.

The prevalence of unreported or untreated pregnancy-related musculoskeletal issues forms part of the context for the centre's services. Documentation highlights that only a portion of affected women receive recommendations for treatment from their primary prenatal providers. This statistic is drawn from available studies referenced in the materials.

Integration of the Webster Technique and general chiropractic methods occurs within the framework of established safety parameters for pregnant patients. The centre maintains equipment modifications suitable for varying stages of pregnancy. Dr. Zanelli's training supports the delivery of these services according to specialized protocols.

The centre operates in Geneva, serving the broader Kane County region. Its provision of prenatal chiropractic care aligns with the documented training and certifications of Dr. Patricia Zanelli. Website content details the physiological rationale for addressing pelvic and spinal alignment during pregnancy.

Further explanation in the materials covers the role of nervous system function and biomechanical balance. Tense structures in the pelvic region are described as potentially impacting uterine dynamics. The application of adjustments seeks to mitigate these effects through targeted interventions.

Research citations provide quantitative context for the use of spinal manipulative therapy. The reported percentages regarding pain relief and labor experiences derive from peer-reviewed publications listed on the site. These references support the factual presentation of chiropractic applications in prenatal contexts.

The centre's resources include information on supplementation knowledge held by Dr. Zanelli relevant to pregnancy needs. This complements the mechanical aspects of care. Overall, the services combine adjustment techniques with educational components focused on maternal health.

Core Wellness Chiropractic & Anti-Aging Centre continues to apply these methods as outlined in its professional documentation. The focus remains on the established techniques and training associated with prenatal chiropractic care provided by Dr. Zanelli in the Kane County area.

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Core Wellness Chiropractic and Anti-Aging Centre

At Core Wellness Chiropractic, we utilize various holistic approaches, including chiropractic care, to better serve our patients through non-invasive and therapeutic means.

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