



## **True Works Chiropractic Offers Prenatal Chiropractic Care in Arlington, TX**

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True Works Chiropractic offers prenatal chiropractic care in Arlington, TX to expectant mothers. The clinic, directed by Dr. Michael Moss, applies gentle and non-invasive techniques as part of its patient-centered approach focused on spinal alignment, joint function, and muscle balance. This service addresses common aches and pains during pregnancy through established chiropractic methods.

Aches and pains occur commonly during pregnancy due to changes in the body over the nine-month period. Many women seek treatment options to help alleviate back pain and neck pain. Chiropractic care during pregnancy is noted in clinic materials as safe and effective for pregnant women when provided by experienced practitioners. Routine chiropractic treatment during pregnancy may help alleviate pain and reduce stress on muscular joints. Regular appointments can also support pelvic alignment.

Expectant mothers pursue prenatal chiropractic care for various reasons. Some begin appointments early as a preventative measure against third-trimester discomfort. Others seek care later to address inflammation

and range of motion as the body changes with fetal growth. Not all chiropractors provide care for pregnant patients due to considerations around liability. Providers specializing in this area are recommended.

A 2007 narrative review in the Journal of Chiropractic Medicine examined literature on chiropractic care during pregnancy and reported favorable results on its use throughout pregnancy. The review concluded that chiropractic evaluation and treatment during pregnancy may be considered a safe and effective means of treating common musculoskeletal symptoms that affect pregnant patients. A 2013 article in the Canadian Family Physician described massage therapy and chiropractic care, including spinal manipulation, as highly safe and effective evidence-based options for pregnant women. These sources provide context on available research while noting the need for additional studies.

Individuals considering prenatal chiropractic care should discuss it with their licensed healthcare provider, particularly in cases of high-risk pregnancy or severe pain. At True Works Chiropractic, care begins with an evaluation to determine appropriateness for each patient. Techniques are adapted for pregnancy, with attention to safety and individual needs.

Dr. Michael Moss serves as the lead chiropractor at True Works Chiropractic. Originally from Pittsburgh, Pennsylvania, he developed an interest in health sciences influenced by his grandfather, a respected physician known for dedicated patient care. Dr. Moss earned a bachelor's degree in biology and completed his doctorate in chiropractic at Life University in Atlanta, Georgia.

During his chiropractic education, Dr. Moss gained insight into the profession through personal health challenges. He had managed persistent digestive issues and recurrent strep throat, with medications providing only temporary relief as symptoms returned. After receiving corrective chiropractic care, he personally observed resolution of ongoing symptoms and no longer required medication. This experience contributed to his commitment to root cause assessment in practice.

Prenatal chiropractic care at True Works Chiropractic integrates with the clinic's whole-body approach to wellness. Spinal alignment receives attention due to its role in joint performance and muscle balance. Care plans include evaluations of posture and may incorporate exercises to support comfort and mobility. Soft tissue techniques address muscle tension when identified.

Patient education covers posture mechanics, movement patterns, and lifestyle factors. Plans evolve based on individual progress and response. The clinic maintains a supportive environment with explanations of recommended steps. Functional x-ray analysis is utilized where appropriate outside of pregnancy to inform adjustments based on spinal structure.

True Works Chiropractic addresses pregnancy-related concerns alongside its services for back pain, neck

pain, headaches, and other issues. The practice applies natural techniques that view the body as an integrated system. Dr. Michael Moss leads application of these methods, drawing from professional training and personal experience.

The clinic's prenatal services emphasize individualized planning consistent with chiropractic principles. Adjustments aim to support alignment and function during physiological changes of pregnancy. Dietary and exercise advice is provided when relevant to patient goals.

Individuals receiving prenatal chiropractic care in Arlington, TX undergo assessments that guide technique selection and frequency. The process prioritizes appropriateness for each expectant mother. The clinic upholds its focus on thorough evaluation and patient-specific care.

True Works Chiropractic provides spinal adjustments, posture programs, exercise guidance, soft tissue techniques, and ergonomic recommendations within customized protocols for prenatal patients. This combination supports management of discomfort associated with pregnancy. The practice maintains dedication to established methods that address structural factors.

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## **True Works Chiropractic**

*At True Works Chiropractic in Arlington, TX, we are dedicated to helping you live a healthier, pain-free life*

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