



High Point Chiropractic Provides Prenatal Chiropractic Care in Middlesex County, MA

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High Point Chiropractic offers chiropractic services addressing various spinal and musculoskeletal concerns. The practice has maintained a focus on chiropractic care during pregnancy through specialized techniques. High Point Chiropractic applies methods such as the Webster technique in its approach to prenatal patients.

Pregnancy involves significant physical changes as the body accommodates a growing baby. As the baby develops, a mother's center of gravity shifts forward, placing additional stress on the lower back and pelvic joints. This shift can increase the lordotic curve in the lower back, affecting vertebral joints, the sacrum, and hip joints. The practice notes that these changes often contribute to discomfort, including low back pain, sciatica, leg cramps, and constipation. Such symptoms can impact daily activities and labor.

Nerves originating in the spine can become irritated when the spine experiences compression. This irritation may lead to radiating pain, such as sciatica, which travels from the lower back down the legs. For individuals with a history of spinal misalignment or prior lower back issues, pregnancy can aggravate the condition.

Misalignments may persist after pregnancy, affecting tasks like carrying a baby, breastfeeding, or bending.

Andy Mutter, D.C., and Kandyce Mutter, D.C., lead the care at the practice. Andy Mutter, D.C., decided on chiropractic as a career at age 12 after adjustments provided relief from severe allergies. He earned a Bachelor of Science degree in Human Biology and a Doctorate in Chiropractic from Logan College of Chiropractic in Missouri. He has completed post-graduate training in Chiropractic BioPhysics, which focuses on restoring normal spinal alignment and mechanical function. He is certified in the Webster technique, used to address pelvic balance and function during pregnancy. Mutter provides care to patients of all ages, including athletes and children, and maintains memberships in the International Chiropractic Pediatric Association and the Massachusetts Chiropractic Society.

Kandyce Mutter, D.C., graduated with a Bachelor of Science degree in Kinesiology from the University of New Brunswick in Canada. She completed post-graduate work at Dalhousie University in Nova Scotia and her chiropractic education at Palmer College of Chiropractic. She specializes in Chiropractic BioPhysics, recognized as one of the more researched techniques. She incorporates various adjusting styles, including instrument-assisted methods. Kandyce Mutter is certified in the Webster technique and holds memberships in the Boston Association for Childbirth Education, Massachusetts Breastfeeding Coalition, Nursing Mothers Council, National Healthy Mothers and Healthy Babies Coalition, the League of Chiropractic Women, the International Chiropractic Pediatric Association, and the Massachusetts Chiropractic Society. She works with adult patients and has a particular interest in care for infants, children, and young mothers.

The practice conducts thorough evaluations for prenatal patients. These include health history review, physical examination of the spine and joints, and range of motion assessment. Specialized adjustment methods accommodate pregnancy. Follow-up care may assist with realignment after pregnancy. The Webster technique serves as a chiropractic approach applied most often in pregnancy to restore proper pelvic balance and function.

Andy Mutter, D.C., stated, "Chiropractic BioPhysics training supports evaluation of spinal alignment during periods of physical change such as pregnancy."

Kandyce Mutter, D.C., noted, "Certifications in the Webster technique and involvement in women's health organizations inform our approach to pelvic and spinal considerations in prenatal care."

High Point Chiropractic was established to address alternative health care needs. The practice utilizes adjustments and spinal rehabilitative techniques to restore skeletal alignment and muscular balance. Both chiropractors have integrated their training into patient care. Their two sons, Xavier and Oliver, received spinal evaluations and gentle adjustments starting hours after birth. Adjustments for infants and children use gentle methods.

The evaluation process at the practice includes palpation to identify restricted mobility in the spine. Diagnostic tools such as X-rays may be used when indicated to assess the source and severity of issues. Care plans consider individual patient history and findings. The approach incorporates lifestyle factors, including diet and exercise recommendations.

Literature and professional organizations have examined techniques such as Chiropractic BioPhysics and the Webster method. The International Chiropractic Pediatric Association has conducted surveys regarding applications in pregnancy. The practice applies these methods within the context of overall health management during pregnancy and the postpartum period.

High Point Chiropractic serves the Burlington area and surrounding communities in Middlesex County. Patients include those managing postural changes and related discomfort. The chiropractors draw on their educational backgrounds and clinical experience. Andy Mutter's focus includes optimizing diet and exercise regimes. Kandyce Mutter's kinesiology background supports her work with movement and alignment.

The facility provides non-invasive options for individuals experiencing musculoskeletal concerns during pregnancy. Spinal care aims to address alignment without reliance on certain pharmaceutical or surgical interventions for eligible cases. The Mutters emphasize assessment from multiple angles to support body function.

High Point Chiropractic continues to operate with attention to these principles. The sharing of information on prenatal approaches reflects the established practices at the facility. Andy and Kandyce Mutter, D.C., maintain engagement with professional societies to stay informed on developments in the field. Their combined experience supports care across life stages, including prenatal periods.

The physical demands of pregnancy affect many women, leading to common visits for related discomfort. Chiropractic evaluation identifies structural factors that may contribute to symptoms. Techniques applied at the practice seek to address alignment and pelvic balance. Individual responses to care vary based on specific circumstances and history.

High Point Chiropractic applies established chiropractic methods in its prenatal services. The practice's location in Burlington positions it to serve residents across Middlesex County seeking information on spinal care during pregnancy. The backgrounds of its chiropractors provide context for the services offered.

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For more information about High Point Chiropractic, contact the company here: [High Point Chiropractic](#) Andy

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High Point Chiropractic

Doctors Andy and Kandyce Mutter believe in assessing your health and quality of life from many angles, utilizing trusted chiropractic adjustments and spinal rehabilitative techniques.

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