



Be Aligned Health Provides Prenatal Chiropractic Care in Delaware County, OH

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Be Aligned Health provides prenatal chiropractic care in Delaware County, OH. The clinic offers gentle, pregnancy-safe chiropractic techniques designed to support spinal and pelvic alignment, improve mobility, and help the body adapt comfortably throughout pregnancy. This care focuses on addressing the physical changes and stresses that occur as the body supports a growing baby.

As pregnancy progresses, added weight and shifting posture place increased stress on the spine, pelvis, and surrounding muscles. This can lead to common issues such as lower back pain and tension, hip and pelvic discomfort, sciatic-type pain, postural changes, stiffness, reduced mobility, and increased joint stress. Prenatal chiropractic care at Be Aligned Health seeks to mitigate these effects through targeted adjustments and supportive strategies.

The clinic's approach emphasizes gentle, natural methods that are safe for expecting mothers. Prenatal adjustments help support proper spinal and pelvic alignment, relax tight ligaments and muscles, reduce

pressure on joints and muscles, improve posture and balance, and promote better overall movement. These techniques can also contribute to reducing the risk of complications such as breech presentations. Many women report improved comfort and mobility as a result of consistent care.

Be Aligned Health integrates prenatal chiropractic care with its broader wellness framework, known as the 5 Essentials. This includes core chiropractic for nervous system support, quality nutrition from natural foods, a healthy mindset for stress management and brain function, oxygen and exercise to build lean muscle and resilience against stress, and minimization of toxins to aid the body's natural cleansing processes. These elements work together to address underlying factors and support overall health during pregnancy.

The clinic also offers complementary services that can benefit prenatal patients. These include movement and mobility guidance with simple, safe exercises to maintain flexibility, support hip and pelvic stability, reduce muscle tension, and improve posture. Home rehabilitation resources, such as video-guided exercises, provide additional tools for patients to use between visits after an initial assessment. Nutrition and health coaching programs help with metabolism, hormones, and energy levels, which are particularly relevant during pregnancy.

Dr. Lee Thomas, Doctor of Chiropractic and founder of Be Aligned Health, commented on the clinic's prenatal services. "Prenatal chiropractic care supports the body's natural adaptations during pregnancy by focusing on alignment and mobility, helping mothers feel more comfortable as they prepare for birth."

Dr. Thomas Marks, Doctor of Chiropractic at Be Aligned Health, added perspective on the team's approach. "Our techniques, including Webster methods where appropriate, allow for personalized care that addresses the unique needs of each expecting mother while integrating with overall wellness principles."

Be Aligned Health opened in December 2013 under Dr. Thomas and his wife, becoming among the youngest private chiropractic clinic owners in Ohio at the time. Dr. Thomas earned his degree in human biology and microbiology from Ohio State University in 2008 and has completed advanced training in structurally corrective chiropractic care, nutrition, detoxification, exercise physiology, and physical therapy. He has hosted Aligned with Life Radio since 2014 on local stations, discussing health topics including structurally corrective care.

The team includes Dr. Jay Briggs, who graduated from Palmer College of Chiropractic in 2018 and brings a family legacy in the field, and Meg Repas, Clinic Director with a background in education and athletics. The clinic has earned recognition through independent community votes as one of the top chiropractic offices in Powell and surrounding areas in 2018 and 2022.

Located in Powell, the practice serves residents throughout Delaware County with a commitment to patient

education and personalized plans. Services are available for individuals of all ages, including families, with a focus on root-cause approaches rather than symptom masking. The clinic maintains policies such as advance notice for appointments to ensure availability and offers membership options for consistent care.

Prenatal chiropractic care fits within the clinic's corrective care model, which aims to improve spinal alignment and posture to help reduce or prevent issues like arthritis and recurring misalignments. While specific research on pregnancy outcomes varies, the clinic draws on established chiropractic principles for safety and effectiveness during this life stage. Patients receive guidance tailored to their pregnancy stage and comfort level, with no referral required for care.

Be Aligned Health continues to meet community needs by providing non-invasive, supportive options for prenatal health. The emphasis on education empowers expecting mothers with knowledge to participate actively in their wellness journey. By combining in-clinic adjustments with mobility support and home resources, the clinic helps promote sustained comfort and function throughout pregnancy.

Be Aligned Health operates as a chiropractic clinic in Powell, Ohio, dedicated to corrective care and holistic wellness. Established by Dr. Lee Thomas, the practice combines structural adjustments with complementary approaches to address health concerns at their source. The clinic prioritizes patient education and personalized strategies, including community outreach through its radio program, to support long-term vitality for individuals and families in Delaware County.

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For more information about Be Aligned Health, contact the company here: Be Aligned Health Dr. Lee Thomas 614-389-4945 BeAlignedHealth@gmail.com 10266 Sawmill Pkwy, Powell, OH 43065

Be Aligned Health

Our Doctors and Health Coaches in Powell provide a full spectrum of complementary care to help identify specific lifestyle deficiencies preventing you from functioning at 100%.

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