



Life Without Fear Chiropractic Provides Prenatal Chiropractic Care in Lexington, KY

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Life Without Fear Chiropractic provides prenatal chiropractic care in Lexington, KY. The practice supports expectant mothers through a neurologically based approach led by Dr. Mateo Franco, who holds Webster Technique certification.

Pregnancy involves significant physical changes that can affect the spine, pelvis, and overall comfort. As the body adapts to support a growing baby, shifts in posture, added weight, and hormonal changes may contribute to discomfort in areas such as the back, hips, or sciatic nerve. Dr. Mateo Franco, a chiropractor in Lexington, KY, applies specialized techniques to help address these concerns through gentle adjustments tailored for pregnancy.

Dr. Mateo Franco developed his approach to care from personal experiences as an athlete. He participated in soccer and football, relying on chiropractic support to maintain performance, attend kicking camps, and compete in college soccer at the University of Indianapolis. Low back pain and nerve issues during his

athletic career prompted him to seek care while studying at Palmer College of Chiropractic. Consistent application of chiropractic methods contributed to his recovery and shaped his professional focus on nervous system optimization.

Dr. Mateo earned a Bachelor of Science degree from the University of Indianapolis and his Doctor of Chiropractic degree from Palmer College of Chiropractic. He maintains certification in the Webster Technique through the International Chiropractic Pediatric Association and advanced proficiency in the Torque Release Technique. These qualifications support his work with pregnant patients seeking to maintain balance and comfort during pregnancy.

The Webster Technique forms a key component of prenatal care at the practice. This method involves specific adjustments and soft tissue techniques designed to address nervous system & pelvic balance. Chiropractors apply it to help manage common musculoskeletal changes associated with pregnancy. Pregnancy care sessions use specialized positioning and pregnancy-friendly pillows to ensure client comfort and safety at every stage.

The Torque Release Technique provides another gentle option. This instrument-assisted method utilizes a handheld adjusting instrument called the Integrator to deliver precise, low-force adjustments. It avoids traditional manual twisting, cracking, or joint popping and targets nervous system function. The approach is described as suitable for patients across different life stages, including pregnancy.

Expectant mothers at the practice undergo an initial consultation and examination to identify areas of concern, as well as pregnancy & birthing goals. Dr. Mateo reviews pregnancy history and current symptoms before developing an individualized plan. Adjustments are adapted based on the stage of pregnancy and client comfort. Ongoing support includes progress monitoring as needs evolve throughout each trimester.

Dr. Mateo Franco, Doctor of Chiropractic at Life Without Fear Chiropractic, said, "Prenatal chiropractic care focuses on Power, Passageway, & Passenger by supporting the body's natural healing pathways during pregnancy through gentle adjusting techniques that prioritize pelvic balance and nervous system function."

He added, "Consistent care tailored to each client's changing needs can help expectant mothers maintain mobility and comfort as pregnancy progresses."

The practice serves a range of clients, including pregnant women, athletes, families, children, and seniors. Care follows a direct-pay model with detailed receipts & superbills provided for insurance reimbursement.

Literature on chiropractic care during pregnancy provides context for the methods used. The Webster Technique has been associated with support for pelvic alignment in surveys of certified practitioners. Broader research on spinal adjustments during pregnancy has explored contributions to comfort and preparation for delivery. These studies inform clinical application while emphasizing individualized assessment.

Client visits adapt to the specific demands of each trimester. Early pregnancy care may focus on foundational alignment, while later stages address increased weight distribution and preparation for labor. Techniques remain gentle throughout, with an emphasis on safety and client-reported comfort. Progress evaluations help track changes in posture, mobility, and overall function throughout prenatal care.

The philosophy at Life Without Fear Chiropractic centers on nervous system optimization to support the body's natural processes. Adjustments aim to reduce interference and promote better communication between the brain and body. This framework draws from Dr. Mateo's training and experience, extending to prenatal patients seeking structured support during a physically & emotionally demanding period.

Additional elements of care include lifestyle guidance and recommendations aligned with pregnancy needs. The goal is to assist clients in managing discomfort while supporting overall function. Regular reassessments ensure plans remain responsive to evolving conditions. The practice continues to serve the Lexington community and surrounding areas through these established methodologies.

Dr. Mateo's athletic background provides perspective when working with active expectant mothers. His commitment to precise, neurologically focused care aligns with the demands of pregnancy, where maintaining balance and mobility holds particular importance. Integration of techniques such as the Webster and Torque Release methods offers options suited to individual tolerances and preferences.

In clinical practice, prenatal chiropractic visits typically involve careful positioning to accommodate the pregnant body. Adjustments are performed with attention to safety across all trimesters. Client education, pregnancy & birth planning, are vitally important in helping individuals understand changes occurring during pregnancy and the role of spinal and pelvic alignment. This informational approach supports informed participation in care.

Life Without Fear Chiropractic maintains a focus on corrective and wellness-oriented strategies. For prenatal patients, this means addressing misalignments that may arise from postural shifts while monitoring progress through objective measures throughout pregnancy. The practice operates as a resource for those seeking natural support options during pregnancy within the Lexington area.

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For more information about Life Without Fear Chiropractic, contact the company here: Life Without Fear Chiropractic Dr. Mateo Franco (859) 721-3920 info@lifewithoutfearchiropractic.com 2331 Fortune Dr #185, Lexington, KY 40509

Life Without Fear Chiropractic

Since opening his practice in Lexington, Dr. Mateo has helped people of all ages move better, heal faster, and live healthier lives.

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