



Wellhouse Chiropractic Highlights Webster Technique for Prenatal Chiropractic Care in Maple Grove, MN

July 24, 2026

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Wellhouse Chiropractic continues to provide prenatal chiropractic care in Maple Grove through doctors certified in the Webster Technique. The practice focuses on chiropractic services for pregnant patients as part of its family-oriented approach in the community.

The clinic addresses spinal and pelvic considerations during pregnancy using established chiropractic methods. Doctors at the practice evaluate alignment and mobility throughout the pelvic complex. The Webster Technique, developed by Dr. Larry Webster in the 1980s, serves as a specific analysis and adjustment approach centered on pelvic balance. Certification for this technique comes through the International Chiropractic Pediatric Association. The prenatal doctors at Wellhouse Chiropractic hold this certification and apply gentle, specific adjustments supported by pregnancy pillows to prioritize patient comfort.

Dr. Rachel Hovey serves as chiropractor and owner of the practice. She earned undergraduate degrees in

Biology and Psychology from Hamline University before completing her Doctorate of Chiropractic at Northwestern Health Sciences University, where she graduated magna cum laude in 2014. Her path into chiropractic began after a collegiate athletic injury that introduced her to the field. She maintains ongoing education and holds specialization in pediatric and prenatal chiropractic through the International Chiropractic Pediatric Association, Epic Pediatrics, and the Pediatric Experience. She is Webster certified.

"Prenatal chiropractic care centers on supporting pelvic alignment and mobility during pregnancy through the Webster Technique," said Dr. Rachel Hovey, DC, owner of Wellhouse Chiropractic. "Our prenatal doctors are certified in this approach to evaluate the pelvic complex and provide specific adjustments as part of care from preconception through the postpartum period."

Care at the practice extends from preconception through postpartum recovery. Regular chiropractic visits during pregnancy aim to help the body adapt to physical changes while addressing the neurological connection between mother and baby. The Webster Technique focuses on restrictions or misalignments in the pelvis that may relate to comfort and positioning considerations. Adjustments remain gentle and specific, with tools such as pregnancy pillows incorporated to support patient comfort and peace of mind. Postpartum care addresses the physical demands following delivery, including support for the pelvis and nervous system as the body recovers.

The practice employs additional techniques alongside the Webster approach. These include the Diversified Technique, which involves manual pressure applied to subluxated vertebral segments, as well as activator and drop table methods. These options allow for adjustments tailored to individual comfort levels while maintaining the goals of chiropractic care. The overall focus remains on nervous system function, where subluxations may influence communication within the body.

Dr. Rachel Hovey noted the role of specialized training in this area of practice. "Certification in the Webster Technique through the International Chiropractic Pediatric Association provides chiropractors with training in a standardized analysis of the pelvic complex," she said. "This approach supports care that considers the unique biomechanical changes and needs of pregnancy."

Wellhouse Chiropractic maintains a family-centered environment. The clinic serves patients across age groups while placing particular attention on prenatal and pediatric services. Doctors participate in continuing education to remain current with developments in these areas. The practice structure includes initial assessments and individualized plans based on patient presentations. Nutritional supplements form an additional resource available through the clinic.

The doctors associated with prenatal care at the practice share a commitment to specialized training. Beyond Dr. Hovey, other chiropractors on the team hold Webster certification and pursue further education through

the International Chiropractic Pediatric Association and related programs. This collective preparation informs the delivery of care focused on pregnancy-related considerations. The practice has operated in Maple Grove since 2005, building its services around consistent application of these methods.

Patient education forms part of the visit process. Consultations include discussion of care approaches so individuals understand the techniques applied. The clinic structure supports visits that accommodate the physical changes of pregnancy and the transition into the postpartum period. Adjustments remain specific to the needs identified during evaluation of the pelvic complex and related structures.

The Webster Technique remains central to the prenatal services offered. As a specific method for analyzing and adjusting the pelvis, it addresses mobility and balance across the pelvic complex. Certification ensures the doctors follow the standardized protocol established for this approach. Care begins as early as preconception when preferred and continues as needed after delivery to support recovery. The use of pregnancy pillows and gentle techniques reflects attention to comfort during these stages.

Wellhouse Chiropractic operates as a chiropractic clinic serving the Maple Grove community. Its services encompass family care with dedicated attention to prenatal needs through certified application of the Webster Technique. The combination of specialized training, established techniques, and a focus on the pelvic complex during pregnancy defines the prenatal chiropractic care available at the practice. Doctors continue to engage in education that supports this area of service.

Practice Background

Wellhouse Chiropractic is a chiropractic practice located in Maple Grove that provides care with attention to nervous system function for families, including specialized prenatal and pediatric services. The clinic utilizes techniques such as Diversified, activator, drop table, and the Webster Technique. Doctors hold certifications including Webster Technique through the International Chiropractic Pediatric Association along with additional training in pediatric and prenatal care. Led by Dr. Rachel Hovey, who graduated magna cum laude from Northwestern Health Sciences University in 2014 and maintains Webster certification, the practice has served the community since 2005. The team includes additional chiropractors with similar specialized education. The clinic structure supports assessments, individualized adjustments, and resources such as nutritional supplements as part of its overall service offerings to area residents seeking chiropractic care.

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For more information about Wellhouse Chiropractic, contact the company here: Wellhouse Chiropractic Dr. Rachel Hovey (763) 494-8787 frontdesk@wellhousechiro.org 11254 86th Ave N Maple Grove, MN 55369

Wellhouse Chiropractic

At Wellhouse Chiropractic, we offer nervous system-focused chiropractic care that addresses the accumulation of stress that disrupts nervous system

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