

How can chiropractic help me?

Chiropractic has many benefits, which include:

- Maintaining a healthier pregnancy
- Reducing labor and delivery time
- Reducing or eliminating neck, shoulder, back and/or leg pain associated with pregnancy
- Helping the baby move into optimum (vertex) position for birth (**Webster Technique**)
- Improving sleep
- Increasing energy



Pediatric and family care



Dr. Sharon MacDonald has a family practice in Ventura, California. Her focus on

families comes from a passion to help all members of her community realize healthier, more balanced lives.

In addition to staying on the cutting edge of current research and health and wellness advances, she has completed advanced training in pre, peri-natal, and pediatric chiropractic care.



Vitality Chiropractic Family Wellness Care



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Vitality Chiropractic

Building Healthier Families

Dr. Sharon MacDonald

P R E N A T A L W E L L N E S S C A R E

Congratulations!

You are embarking on a wonderful and exciting adventure! Becoming a parent is one of the most important and rewarding experiences you will ever have. And right now, keeping yourself healthy and in balance is top priority.

During this time, you will be looking for safe, non-invasive, drug-free options to manage any problems that may arise.

To that end, we want to introduce you to the benefit that chiropractic care offers in relieving many of the common complaints and discomforts you may experience during your pregnancy.

Whether you are a first time parent, or are adding onto a growing family, may you enjoy a healthy pregnancy and every moment of this amazing journey!



Why chiropractic?

During pregnancy your body goes through many changes as it adapts to the baby growing inside of you. Many pregnant women experience neck, shoulder, back and/or leg pain at different times during, or even throughout, their entire pregnancy. Often this is due to pre-existing conditions such as misalignments in the spine and pelvis. These misalignments cause you to be less able to adapt to the rapid changes your body is going through.

As you move through the different stages of your pregnancy, you may find that the added weight, postural stress, and changes in your overall body mechanics cause these pre-existing conditions to become more painful, leading to difficulty in performing normal day-to-day activities.

The health and balance of your pelvis is of critical importance to the expectant mom, as this is where all of the action takes place! Any imbalance in the pelvis can put stress on the ligaments that support the pelvis and uterus.



Ligaments of the pelvis and uterus can become twisted or torqued when under stress, leading to a condition of constraint within the uterus. This constraint can reduce the space your baby will have to develop in and/or make it difficult for the baby to get in the best position for birth.

An imbalance in the pelvis can also lead to a narrowing of the pelvic opening through which the baby will pass. This narrowing can lead to a longer and more difficult delivery process. Correcting this imbalance can increase the pelvic opening by up to 30 % which can dramatically ease labor and delivery.

Regular chiropractic care throughout your pregnancy can relieve and even prevent many of these problems from occurring. Safe, specific and gentle adjustments to the spine, pelvis and extremities, reduce and/or eliminate these misalignments.

As well, most patients report feeling a reduction in stress and tension and an improvement in their overall sense of well being.

What to expect:

Dr. MacDonald will conduct a thorough assessment of your skeletal, muscular, and nervous systems to determine how well your body is functioning and adapting to the day to day stressors of life and the multitude of changes brought on by pregnancy.

Dr. MacDonald has received advanced training in pre, peri-natal, and pediatric care including the



Webster Technique.

She uses techniques specifically adapted to the pregnant body to locate and adjust joints of the spine and extremities that are functioning poorly or improperly, and restores them to their proper function.

This return to normalcy allows the body to better adapt to its environment, operate more efficiently and provide for a more comfortable and successful pregnancy and delivery.

