



Dr. Malott-Brechtel

Living for Two

Dear Dr. Brechtel,
I am pregnant and having a lot of back pain with my pregnancy. Can Chiropractic help and is it safe at this time?

Yes and Yes... since you are now eating, walking, sleeping and everything else, for two. It is not uncommon to experience a varying degree of musculoskeletal problems when pregnant. Your body weight is increasing, your body and bones are mobilizing calcium and other nutrients, your ligaments are stretching, and so on. Can you imagine doing all that without some structural problems?

Fortunately, chiropractic has something to offer the pregnant patient that is not only drug-free, but is safe for both mom and the unborn child. Variations in techniques and special considerations are used in the pregnant patient ensure visit safety. In fact, mothers will often return after the delivery for a checkup of both mom and newborn! A consultation should easily determine if chiropractic is right for you (and your precious child-to-be).

Dr. Mary Malott-Brechtel is a chiropractor and Board Certified Clinical Nutritionist and can be reached at (409) 744-2225 or via www.malottchiropractic.com