INFINITY CHIROPRACTIC & WELLNESS

Pre & Postnatal Care

613.440.8444

INFINITY CHIROPRACTIC & WELLNESS CENTRE

- **The key to having a healthy baby is taking care of your own health**
- **Its best to begin care as soon as you plan to start a family or become pregnant**
- **Regular care is important for a healthy pregnancy and post natal period**
- **Follow-up visits are your chance to learn how to manage the physical, emotional and mental changes associated with pregnancy, learn how to care for yourself, and ask any questions you may have**
- **Our team can help you to make a proper birth plan and seek out specific resources, midwife, doula, etc.**
- **Men's health - helping your partner to improve their health as this is a factor for baby's health as well**
- **Many natural & non-invasive treatment options are available to you**

Fertility & Pre-Pregnancy Care

Pre-pregnancy health/ fertility or pre-conception planning: This is the optimal time to prepare yourself for a healthy and more relaxed pregnancy. The healthier you are, the stronger you and your baby are likely to be.

Chiropractic Care:
• Improves reproductive health
• Encourages proper function of glands and organs
• Increased function of autonomic nervous system - helps regulate menstrual cycle
• Promotes positive physiological and emotional adaptation
• Helps prepare your body to carry a successful pregnancy

Naturopathic Medicine:
Using the many treatment options available to ND's (dietary & lifestyle counselling, nutritional supplementation, natural health products and acupuncture)

• Offers preconception health screenings
• Optimizes your health and addresses your health concerns before you come pregnant
• Offers detoxification protocols to help ensure a healthy environment for your expected baby
• Regulates menstrual cycles & helps other women's health conditions (i.e. PCOS, endometriosis)
• Improves chances of becoming pregnant by tracking fertility, using acupuncture, etc.
• Men's health: helps your partner improve their health - as this is a factor for baby's health as well

Registered Acupuncture:
• Proven to raise the fertility potential of women by effecting the quality, quantity, balance and flow of Qi and blood
• Reduces stress and anxiety
• Normalizes hormonal and endocrine systems (especially in women dealing with PCOS)
• Increases blood flow to the uterus (helps ovum implanting)
• Positively affect the hypothalamic-pituitary-ovarian axis
• Regulates menstrual cycle
• Aids other fertility processes including IVF

Registered Massage Therapy:
• Reduces stress and anxiety
• Improves physical function
• Improves overall circulation
• Improves endocrine system communication
• Helps break up scar tissue and adhesions around organs

Your Pregnancy & Prenatal Care

Prenatal care: During prenatal care visits, your practitioners will make sure you and your developing fetus are healthy and strong. Remember - the key to having a healthy baby is taking good care of your own health

Chiropractic Care:
• Works with your changing posture
• Gets your body in better alignment for a more manageable birthing experience
• Reduces digestive discomforts, headaches, general aches and pain
• Helps relax muscles and ligaments in the pelvis
• Reduces overall stress

Naturopathic Medicine:
• Helps manage pregnancy-related symptoms (i.e nausea, fatigue, digestive issues, physical discomforts, blood sugar control)
• Helps with birth plan & finding specific resources (i.e midwife, doula, etc.)

Registered Acupuncture:
• Helps prepare your body to meet the unique challenges of pregnancy, ensuring optimal health for you and baby in a safe and natural way
• Addresses specific concerns such as morning sickness, anxiety, heartburn, fatigue, back pain and sciatica
• Labour induction—if your due date has passed

Registered Massage Therapy:
• Reduces stress and anxiety
• Decreases physical discomforts & pain (i.e back/hip pain, sciatica)
• Reduces calf cramps, and swelling/stiffness in the feet
• Relieves carpal tunnel symptoms and swelling in hands
• Promotes more restful sleep and reduces pregnancy induced insomnia

Postnatal Care

The postnatal period is a critical phase in the lives of mothers and newborn babies. Yet, this is the most neglected period for the provision of quality care. By focusing on postnatal care of mom and baby, the benefits will affect the health of the whole family.

Chiropractic Care:
• Benefits both mom and baby
• Mom can get post-birthing corrective care
• Adjustments are highly effective for newborns and babies. (Gentle vibration techniques are used)
• With relaxin still present in mom's body, chiropractic can help correct long standing injuries and/or dysfunction
• Re-balances the body's nervous system and overall function

Naturopathic Medicine:
• Gets you back on track with physical, mental and emotional health
• Strengthens the immune system, supporting sleep and a healthy mood
• Corrects physical effects of the birthing process (i.e. muscle tension, posture, etc) through manual therapy
• Supports healthy breastfeeding

Registered Acupuncture:
• Helps with healing and regaining strength & vitality
• Addresses pain, fatigue & postpartum depression

Registered Massage Therapy:
• Helps correct postural concerns associated with breastfeeding & pregnancy
• Relieves muscle tension in neck and shoulders
• Reduces fluid retention
• Promotes a more restful sleep
• Reduces anxiety and stress from sleep deprivation
• Relieves general muscle tension and aches

- **"I feel great. My pregnancy was healthy, low stress and wonderful!"**
- **"The birth of my 1st child was a great experience. "**
- **"My husband decided to get care after I 'pushed a little'. After our child was born, he told me how much he loved me for getting him healthier for our new family."**
- **"I love myself for taking the time to heal every chance I get."**
- **"My baby is more relaxed after every treatment."**

Postpartum Support

Most people have no idea how important postpartum care is. Once the baby arrives, mom's attention is focused on caring for the newborn, often to her detriment.

Physically: After delivery, the hormone relaxin keeps making ligaments soft for 6 months which increases vulnerability to lower back and pelvic joint misalignment and pain. In addition, baby-holding and breastfeeding put tremendous stress on the neck, upper back, shoulders and arms. Because postpartum care for mom is often neglected, many new moms suffer from headaches, neck and shoulder aches as well as wrist and forearm problems. The good news about the postpartum time period is that since relaxin is still softening mom's ligaments, correcting musculoskeletal problems with postpartum care is easily accomplished due to the body's increased pliability. Because of this, receiving postpartum care is an excellent opportunity to attend to long-standing issues that have built-up scar tissue.

Emotionally: Having a baby is an emotional roller-coaster. The demands a newborn has on mom (and dad) are constant and exhausting. It may seem impossible, but taking regular *time-outs* are essential. Mini-breaks help create balance in the development of healthy relationships.

Mentally: A growing family means constant change for everyone involved. Being able to step back and see the big picture is more feasible when you have someone to talk to.

Mom and dad will be healthier, more relaxed, effective and efficient if they can get some much needed TLC themselves!

5-3091 STRANDHERD DR.
(AT WOODROFFE)
OTTAWA, ON
613.440.8444
MYINFINITYCHIRO.COM
ONLINE BOOKING AVAILABLE