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Postpartum Chiropractic Recommendations

Hooray! Congratulations on your new baby. There are many ways chiropractic and massage will help your body 'snap' back into its pre-baby shape and function. Our recommendations are based off of clinical experience and research. Our goal is to help you spend time with baby and not in our office!

Home Recommendations

- First two weeks: Stay home with baby. Nurse/Feed, Eat, Sleep, Shower
 - No shopping, no laundry, no cooking
- Hydrate: Be sure to continue drinking about 100 oz of water daily
- Eat: Eat frequent, well-balanced foods, snacks
- Vitamins: Continue prenatal vitamins including Cal/Mg and Omegas while nursing
 - Start baby on Vitamin D (400-1000 units/day) especially if nursing
- Limit home visitors if you are feeling overwhelmed or unsure
 - Be very clear about how long they should stay, what you want help with
- Ask for help (ie. playdates for older siblings, food prep)
- Exercise: Follow up with your Chiropractor and Midwife or OB prior to exercise
 - Plan to begin with gentle stretching and walks with baby

Chiropractic Recommendations

- First visit: 2 weeks postpartum
 - We check mom for any aches and pains related to labor/delivery/nursing, etc
 - Bring baby for a meet and greet and visual examination
- Chiropractic treatments once weekly for 4 weeks, tapering to every other week until fully immersed in regular fitness / home routine
- Resume chiropractic adjustments as needed (recommend every 4 weeks)
- 1-2 postpartum massages

Postpartum packages can be paid for in advance at the following discounted rate:

Patients who pay in advance receive the following discounts:

* Package of 6 Chiropractic Treatments \$300 (\$50 each)

* Package of 6 Massages \$450 (\$75 each)

10% off prenatal vitamins, infant and children's vitamins

Standard Rates:

Chiropractic Exam Fee: \$70 (one-time fee)

Chiropractic Treatment: \$60

60 Minute Specialty Massage: \$85