



Dr. Lisa Goodman, DC, CCSP - Dr. Jace Buzek, DC, CCSP - Dr. Cynthia Mangla, DC
1313 South Clarkson Street Unit 1, Denver, Colorado 80210 303-744-7100 www.washparkchiro.com

Prenatal Chiropractic Recommendations

First Trimester

- Treatment during the first trimester is generally symptom-based

Second Trimester

- Recommended wellness treatment plan begins early in the second trimester
- All chiropractic visits include full analysis and treatment of spine and extremities
- Webster Technique for optimal fetal position analysis begins
- Discuss nutrition & exercise
- Chiropractic treatments every 2 weeks
- 1 - 3 prenatal massages

Third Trimester

- All chiropractic visits include full analysis and treatment of spine and extremities
- Webster Technique for optimal fetal position analysis continues
- Focus on preparation for labor and delivery
- Discuss birth plan, goals, post-partum questions
- Chiropractic treatments every 2 weeks until 36 weeks
- Chiropractic treatment weekly from 36-40+ weeks
- 1 - 3 prenatal massages
- Induction techniques if necessary

Breech Protocol: It has been shown that frequent, regular chiropractic adjustments including the Webster Technique can be successful with optimal fetal positioning. Our recommendation is to begin treatment as soon as possible (34 - 36 weeks) and proceed with daily treatment for 6 days.

Prenatal 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 Prenatal Massage: \$85