

### ***Is it OK to see a chiropractor if I'm pregnant?***

Anytime is a good time to improve the functioning of your nervous system. Pregnant mothers find that chiropractic adjustments improve their pregnancy and make delivery easier for themselves and their baby.

Adjusting tables and techniques are always adapted to a patient's size, weight, age, and condition of health. Dr. Bahnemann has the ability to reconfigure her treatment table to allow for all the changes of your growing womb. In addition, she utilizes gentle techniques to minimize the stress to the mom and baby during this time, as well as Kinesiotape to support her changing body.

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