



Restoration Health Chiropractic Provides Perinatal Chiropractic Care for Expectant Mothers

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Restoration Health Chiropractic offers specialized perinatal chiropractic care in Little Rock, AR, to assist expectant mothers with spinal and pelvic alignment during pregnancy. This service employs techniques such as Chiropractic Biophysics and the Webster Technique to address common musculoskeletal issues associated with pregnancy. Located in Little Rock, Arkansas, the practice integrates evidence-based methods to support maternal health.

Chiropractic Biophysics, utilized at the practice, represents a technique supported by over 150 peer-reviewed studies. This approach combines principles from anatomy, physiology, neurology, physics, and geometry to develop individualized corrective protocols. By focusing on restoring normal spinal alignment, it aims to facilitate the body's natural healing processes. In the context of perinatal care, this method helps maintain pelvic balance, which can influence comfort levels during pregnancy.

Expectant mothers often encounter physical changes that lead to spinal and pelvic misalignments. These changes can result in discomfort, including low back pain, hip pain, round ligament pain, symphysis pubis dysfunction, morning sickness, headaches, fatigue, swelling, sleep disturbances, digestive issues, and neck

pain. Perinatal chiropractic care at Restoration Health Chiropractic involves gentle adjustments to correct these misalignments. A narrative review of literature on pregnancy and chiropractic indicates that such care may reduce the intensity of low back pain during pregnancy. Another study reported that most pregnant patients undergoing chiropractic treatment experienced clinically relevant improvement in low back pain at various time points.

Preconception care forms part of the perinatal services, involving spinal assessments and posture analysis to identify and address potential issues before pregnancy begins. This preparatory step focuses on optimizing spinal health to support a healthy conception and early pregnancy stages. During pregnancy, treatments are tailored to the individual's changing needs, incorporating specific techniques to promote pelvic alignment.

The Webster Technique, a chiropractic method applied at the practice, targets sacral subluxation and aims to balance pelvic muscles and ligaments. Research shows an 82 percent success rate in relieving musculoskeletal causes of intrauterine constraint using this technique. While practitioner observations suggest it may contribute to better fetal positioning and more efficient labor, these outcomes require further investigation to establish broader causality. A scoping review of literature on chiropractic care for pregnant women notes the value of the Webster Technique in pregnancy care.

Postpartum care continues the support, addressing stresses from delivery through adjustments that aid recovery. This phase helps restore alignment and function after childbirth. The practice extends services to pediatric chiropractic, providing gentle treatments for infants to manage conditions such as colic, constipation, acid reflux, birth trauma, breastfeeding difficulties, torticollis, ear infections, bed wetting, and developmental issues. This comprehensive approach covers family health from preconception through early childhood.

Dr. Michael Butler, Owner and Chief Vision Officer at Restoration Health Chiropractic, stated, "Chiropractic care during the perinatal period emphasizes spinal alignment to support natural bodily functions, as indicated by research on techniques like Chiropractic Biophysics."

Dr. Josh Reeves, a chiropractor with advanced training in maternal care, added, "Perinatal chiropractic care utilizes methods such as the Webster Technique to maintain pelvic balance, with studies showing potential benefits in reducing pregnancy-related discomforts."

The doctors at Restoration Health Chiropractic hold licenses from the Arkansas State Board of Chiropractic Examiners. This board oversees licensing, requiring graduation from an accredited chiropractic college, passing examinations, and meeting continuing education standards. License renewal involves no recent disciplinary actions and adherence to state regulations. Team members possess Doctor of Chiropractic degrees from institutions like Life University, Parker University, Logan College, and Sherman College. Certifications include functional medicine and neuropathy, with ongoing education in post-doctorate studies.

In addition to perinatal and pediatric services, the practice provides corrective chiropractic care to realign the spine and improve nervous system function. This involves precise adjustments customized to individual needs, aiming to reduce pain and enhance mobility. Wellness care maintains health, prevents issues, boosts the immune system, and improves posture, contributing to overall quality of life.

The practice also incorporates acoustic soundwave therapy, a non-invasive method that stimulates stem cells and promotes tissue regeneration. This therapy addresses chronic pain, inflammation, and scar tissue, offering applications for various conditions without surgery or extensive recovery.

Restoration Health Chiropractic follows a philosophy that the body possesses an innate ability to heal when free from spinal misalignments interfering with the nervous system. This perspective guides the holistic approach, prioritizing root causes over symptom management. The mission involves helping individuals achieve optimal health through specific chiropractic care and healthy lifestyles.

Founded by Dr. Michael Butler and Molly Butler, the practice serves the Little Rock community with a team dedicated to evidence-based chiropractic methods. The vision encompasses promoting natural healing and fulfilling health potential by addressing underlying issues.

Evidence from systematic reviews supports chiropractic care in reducing pregnancy-related musculoskeletal pain, particularly in the low back and pelvic regions. A randomized controlled trial compared multimodal interventions, including chiropractic, to standard obstetrics care for low back and pelvic pain in pregnancy. Such studies provide a foundation for the services offered, though individual results vary based on personal health factors.

Restoration Health Chiropractic operates as a wellness center specializing in neurologically-based corrective chiropractic care in Little Rock, AR. The practice delivers non-invasive treatments to restore spinal alignment and promote health for individuals and families.

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For more information about Restoration Health, contact the company here: Restoration Health Dr. Michael Butler (501) 400-7700 info@rhlittlerock.com 15400 Chenal Pkwy, Little Rock, AR 72211

Restoration Health

Our passion at Restoration Health is helping you achieve your health goals through chiropractic care, wellness-focused

treatments, and cutting-edge therapies.

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