

**SOURCE: Secrest Family Chiropractic, PC**

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## **Scottsdale Chiropractic Center Announces Natural Care for Managing Pregnancy Pain**

SCOTTSDALE, AZ--(Marketwire - Jan 26, 2012) - Secrest Family Chiropractic, PC announced that the practice offers chiropractic care and massage therapy for naturally managing **pregnancy pain**. According to the practice, regular treatments relieve pain and help a woman's body prepare for childbirth. **Chiropractic care** may also help the body recover more quickly -- both physically and mentally -- following birth. Treatments are all-natural and free from any medications that could harm the developing child. The Scottsdale practice also services the Tempe and Mesa communities as well as Paradise Valley, Fountain Hills and Phoenix.

Dr. Daniel P. Secrest, a **chiropractor** with Secrest Family Chiropractic PC, announced that his practice offers **chiropractic care for pregnancy pain** without conventional twisting, bending, cracking or popping in uncomfortable positions. Treatments include gentle adjustments using minimal pressure and therapeutic pregnancy massage techniques.

"During pregnancy, a woman's body undergoes profound physical changes," said Dr. Secrest. "While this is an exciting time, it can also be quite painful and highly stressful. Our goal is to help women enjoy these transformative nine months by naturally and comfortably lowering stress levels, relieving pelvic and back pain and preparing the body for childbirth." Dr. Secrest is a member of the International Chiropractic Pediatric Association (ICPA) and the Sacro Occipital Technique Organization-USA and remains current on research about **chiropractic care** and pregnancy development.

As the uterus expands, many woman experience back pain or aches in their abdomen, groin area and thighs. The pressure of the baby's head, increased weight and loosening joints can also cause pain. Some women may experience a condition known as sciatica, which occurs when the uterus places pressures on the sciatic nerve, causing a radiating pain the lower back, legs and buttocks.

Dr. Secrest uses the Koren Specific Technique (KST) and other gentle spinal adjustments to help relieve pain and prepare the body for childbirth. KST is a gentle, low-force technique that does not involve any popping or cracking. The treatment can be performed while expectant mothers are standing, sitting or moving.

"The **Koren Specific Technique** allows me to precisely identify the location of pain and administer a precise and gentle adjustment," said Dr. Secrest. "It's truly a breakthrough in managing **pregnancy pain**."

According to Dr. Secrest, **spinal adjustments** are essential not only for managing **back pain**, but also for ensuring proper alignment of the musculoskeletal system.

"When the body is out of alignment, the nervous system is unable to properly send and receive messages," said Dr. Secrest. "As an expectant mother's body changes during pregnancy, regular adjustments provide proper alignment, ensuring optimal function of the nervous system. This lessens pain during childbirth and helps the body heal faster following the birth."

Dr. Secrest also says that proper alignment of the musculoskeletal system can help lessen common pregnancy complaints, such as fatigue, sleep problems and indigestion.

The wellness center also offers **pregnancy massage**. This therapeutic treatment, administered by a licensed massaged therapist, helps the musculoskeletal system relax and release tension. Massage invigorates the flow of fresh, oxygenated blood, which flushes toxins from muscles while bringing essential healing nutrients. Massage also increases the level of endorphins, natural painkillers that improve mood and emotional outlook.

"Massage naturally complements our KST treatments," said Dr. Secrest. "Together with nutrition counseling and low-impact exercise like pre-natal yoga or daily walking, we can help prepare the body for a healthy pregnancy and natural childbirth."

Secrest Family Chiropractic, PC is located at 3350 N Hayden Road, Scottsdale, AZ 85251. Expectant mothers who would like to learn more about the **Scottsdale practice's pregnancy services** may do so by visiting the website <http://secrestfamilychiropractic.com>.