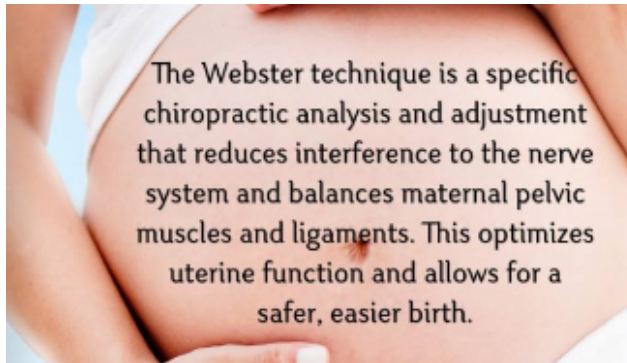


Pregnancy &
Chiropractic
1850 East 53rd Street
Suite 2
Davenport, IA 52807
Phone: 563-359-4106
www.ideal-health-wellness.com



Pregnancy & Chiropractic

Ideal Health & Wellness
Dr. Katy Frega
DC, ND, FIAMA



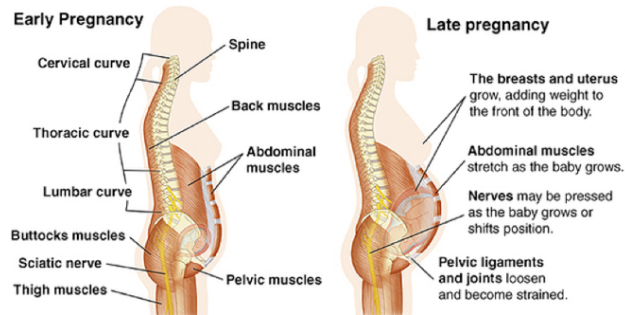
*Studies have found positive effects for manual therapy on pain intensity when compared to usual care and relaxation.

*Most insurance policies will cover chiropractic adjustments.

*Here at Ideal Health and Wellness, Dr. Frega offers multiple forms of chiropractic therapies and techniques. She will work with you to find the right therapy and technique for the best results for you and for your baby.

* With our flexible schedule we can work your appointments around your schedule, saving you time!

CALL TO SCHEDULE AN APPOINTMENT TODAY



*Studies show that patients with pregnancy-related lumbar and pelvic pain improved in pain and function after chiropractic treatment and usual obstetric management.

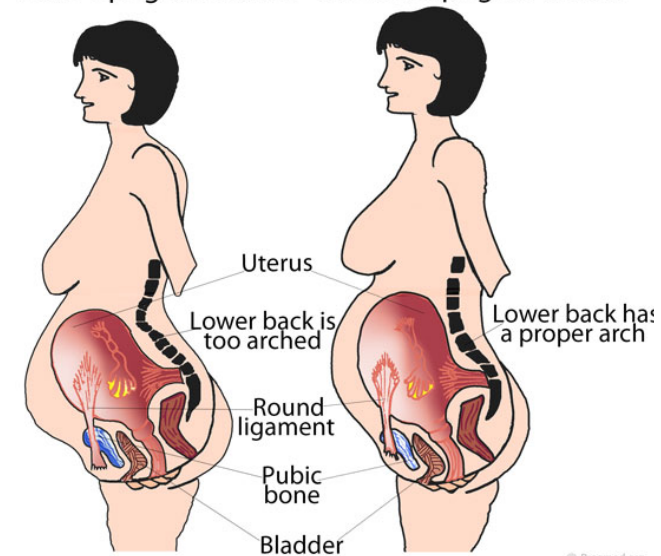
*Spinal manipulation of pregnant women in their second trimester relaxes the pelvic floor muscles.



*Massage therapy and chiropractic care, including spinal manipulation, are highly safe and effective evidence-based options for pregnant women suffering from mechanical low back and pelvic pain.

Round Ligament Pain Location

Poor Upright Posture Correct Upright Posture



BENEFITS INCLUDE:

- Reduced low back and pelvic pain
- Increased and better sleeping
- More room for developing baby
- Optimal fetal positioning
- Reduced time of labor and delivery

PHONE: 563-359-4106