

## Pregnancy Protocol

Pregnancy is a wonderful, natural process. As a baby grows and develops in the womb, the mother experiences postural changes that can be stressful on the body. As the body shifts and adapts, proper spinal alignment helps keep muscle tension to a minimum allowing for easier adaptation and less physical stress. As the due date approaches, our goal is to help facilitate the delivery in the fastest, most efficient, and least stressful manner.

### Recommended Check-up Schedule:

Weeks 1 – 12	Maintain current treatment schedule
Weeks 13 – 27	Monthly assessment
Weeks 28 – 36	Biweekly assessment
Weeks 36 – Birth	Weekly assessment
Birth – 4 months postnatal	Monthly assessment
4+ months postnatal	Reassess patient's needs

## Pediatric Protocol

Babies undergo a large amount of physical stress during the birth process. If the neck is injured during birth, a baby may exhibit signs of distress including colic, skin problems, eating issues, and/or bowel movement challenges. As babies grow and develop in to toddlers, they may experience many situations which can negatively impact their necks, whether it be falling while learning to walk or zooming off the end of the slide at the playground. Because babies and children are so resilient they may have structural stresses that are not immediately apparent. With early intervention correction is typically quick, easy, and sustainable. Being pro-active can help your baby grow and develop with minimal structural strains – their adult body will thank you!

### Recommended Check-up Schedule:

Birth	Within the first four weeks
Birth – Age 1	After baby can hold up their own head After learning to crawl After learning to walk
Ages 1 – 5	Twice a year
Ages 6 – 11	Three times a year
Ages 12 – 18	Four times a year