

Newsletter

This month we will be highlighting the importance of chiropractic and physical therapy intervention for pregnancy and postpartum care. In November, we are spotlighting Dr. Robin Boshears-Patrick, DC from ETPT and Dr. Tiffany Gebel, OB-GYN from our community.



*Howdy, I am **Dr. Tiffany Gebel, Ob/Gyn** and I care for women in our community in private practice at **Lone Star Clinic**, 1216 Church St., Sulphur Springs, TX.*

I take care of adolescents with female concerns, pregnant women, including those with complications, and women throughout their lives for their female and hormonal concerns.

Dr. Gebel offers services such as IUD placement, birth control administration, and takes pride in being with each mother from first appointment to birth!

Chiropractic Care During Pregnancy and Postpartum



*"Hi! I am **Dr. Robin Boshears-Patrick, D.C.** and I love working with prenatal and postpartum women and their babies! I have been back home in Sulphur Springs for 2 years and am so blessed to be able to work with the people of our community."*

Pregnant women with low back, neck, hip, shoulder, or pelvic pain may remain more active through pregnancy and avoid pain medication/narcotics after receiving manual manipulations by a chiropractor to maintain alignment of the pelvis and spine. Dr. Gebel recommends chiropractic care throughout pregnancy to eliminate pain medication consumption and create a safer environment for baby.

Benefits of Prenatal and Postpartum

Chiropractic Adjustments

- ❖ Provides overall greater comfort during pregnancy
- ❖ Reduces the average labor time
- ❖ Encourages optimal fetal position through proper pelvic alignment
- ❖ Relieves pain, including round ligament and pubic pain
- ❖ After baby arrives, the relaxin leaves the body and the joints begin to tighten back down. Adjustments help to ensure the joints tighten back in the correct position, preventing future aches and pains.
- ❖ Dr. Robin also specializes in the treatment of babies.

biomechanics to handle the baby, and progressing safely with exercise throughout the entire pregnancy and after baby arrives. Dr. Gebel also believes physical therapy can eliminate the need for pain medication.

Diastasis Recti, a separation of large abdominal muscles, often occurs during pregnancy and is a perfect diagnosis for prescription of physical therapy postpartum.



Normal



Diastasis Recti

Chiropractic for babies can help with:

- ★ Sleep issues
- ★ Colicky baby
- ★ Ear aches
- ★ Acid reflux/ silent reflux
- ★ Growing pains
- ★ Asthma
- ★ ADHD
- ★ allergies

Kinesiotaping for Pregnancy

Kinesiotaping during pregnancy can offer support and reduce pull/pain for the mother.



Physical Therapy During Pregnancy and Postpartum

Physical therapy also plays a pivotal role in a healthy pregnancy and postpartum by ensuring the patient is activating pelvic floor and abdominal muscles properly up to and after birth, kinesiotaping to increase support and decrease pain, utilizing correct body

To Make an Appointment:

- With Dr. Tiffany Gebel, OB/GYN call Lone Star Clinic at 903-885-2820
- With Dr. Robin Boshears-Patrick, DC call ETPT at 903-335-8727
- With a Physical Therapist at ETPT call 903-335-8727