

# Your Pregnancy Comfort Guide

Gentle, honest ways to ease the aches of pregnancy — and how to know when to call your OB.

As your baby grows, pregnancy hormones loosen the pelvis, your center of gravity shifts forward, and your back, hips, and pelvis take on new strain. Aching in those areas is common and, on its own, isn't harmful to your baby. The reassuring part: a few gentle, pregnancy-friendly habits — alongside care that's coordinated with your OB or midwife — can make a real difference in how you feel day to day.

## Feel more comfortable starting today

- 1 Sleep on your side with support.** Lie on your side with a full-length body pillow hugged along your front and tucked between your knees. It keeps your spine and pelvis level and makes rolling over easier.
- 2 Keep your knees together.** Roll in bed as one unit, sit down first then swing both legs into the car together, and sit to get dressed. This protects a loosened pelvis from the one-sided movements that flare pain.
- 3 Move gently and often.** Slow, comfortable walking and easy range-of-motion movement keep the low back and pelvis from stiffening — take posture breaks if you sit or stand for long stretches.
- 4 Ease off heavy lifting.** When you do lift, bend at the hips, keep the load close, and let your legs do the work rather than your back.
- 5 Use warmth and check in with your team.** A warm compress soothes tight hip and low-back muscles. Because every pregnancy is different, run new exercises or self-care by your OB or midwife first.

## Why pregnancy strains the body

- **Loosening ligaments** — relaxin and other hormones soften the ligaments so the pelvis can open for birth, leaving the joints less stable and more easily irritated.
- **Shifting center of gravity** — as your belly grows and weight moves forward, your low back and pelvis carry more load, much of it unevenly.

- **Pelvic girdle pain (SPD)** — the pubic bone at the front and the sacroiliac joints at the back can ache or pinch, flaring with walking, stairs, and rolling over.
- **Tight, working muscles** — the muscles of the low back, hips, and pelvis tighten as they support your changing posture, adding to the ache.

 **Call your OB or go to Labor & Delivery right away if...**

- You have **vaginal bleeding**
- You have **fluid leaking or a gush of water** (your water may have broken)
- You have a **severe or persistent headache with vision changes, or sudden swelling** of the face or hands (possible signs of preeclampsia)
- You notice a **drop in your baby's movements**
- You have **regular, painful contractions before your due date**
- You have **severe abdominal or pelvic pain**

These are for your OB or midwife to assess, not to wait out. When in doubt during pregnancy, make the call — that's what they're there for.

## How we help at Thrive

At Thrive Chiropractic in Troy, pregnancy care is gentle, conservative, and built around your exam. Care is adapted for pregnancy — supportive cushioning that takes pressure off your belly, comfortable side-lying positioning, and light, low-force contacts rather than force — to ease irritated joints and calm tight muscles in the low back, hips, and pelvis. The **Webster Technique** is a gentle approach focused on pelvic balance and comfort; to be clear, it supports how the pelvis moves and sits — **it is not a treatment to turn a breech baby and offers no guarantees**. We use the term spinal subluxation to describe stiff, irritated spinal joints we work to restore motion to.

Our care always works **alongside your OB or midwife, never in place of them** — keep them in the loop, and any pregnancy warning sign above goes straight to them. If your exam turns up anything that needs medical attention, Dr. Rubinstein will say so plainly and help coordinate the right care.

### Call us

(248) 574-9355

### Online

[thrivechiropractictroy.com](http://thrivechiropractictroy.com)

### Visit us

2133 Crooks Road, Troy, MI 48084

### Book a visit

[thrivechiropractictroy.com/schedule](http://thrivechiropractictroy.com/schedule)

**Medical disclaimer:** This guide is general educational information from Thrive Chiropractic of Troy and is not medical advice, diagnosis, or treatment. It doesn't replace a visit with a qualified healthcare provider. These symptoms can

have many causes; please see a professional for advice about your specific situation, and seek emergency care for any of the warning signs above. © Thrive Chiropractic of Troy.