

CONGRATULATIONS

on your pregnancy!

How can we help?

1 Free Chiropractic Consultation

1 Free Report of Findings

And when you come in for those visits get

1 FREE 30 Minute Massage!

New patients only. This certificate may be used for bodyworks sampler only and is not redeemable for cash. All Medicare Rules apply.

Complimentary consultation is for a pre-acceptance interview only, and does not cover any chiropractic services or procedures. Free Massage gift card will be issued on the Report of Findings visit and will be valid for 1 year following your report of findings. Cutitta Chiropractic reserves the right to change the contents or expiration date of this promotion at any time without notice. Transferable with recipients permission only.

Contact the office today to
make your appointment!
See inside for savings!



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How we help:
Pregnancy



Cutitta Chiropractic

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Our office is specifically certified to specialize in pre-natal care.

Natural pain relief is vital for women who are pregnant or are attempting to become pregnant. Our office focuses on making your pregnancy as easy as possible while protecting the health of you and your baby. Whether you are just trying to relieve the symptoms of your pregnancy or if you've been injured while pregnant, Dr. Cutitta is trained to help. While any chiropractor can help, Dr. Cutitta has learned specific techniques to provide gentle, safe adjustments, and training to be able to be more effective at pregnancy pain and symptom relief.

What happens during pregnancy:

- ▶ You will gain 24-35 additional pounds as the baby develops
- ▶ This weight puts additional stress on your abdominal and back muscles.
- ▶ As your stomach begins to protrude, your spinal curve will increase
- ▶ Center of gravity is shifted forward, which can increase the likelihood of trips and falls
- ▶ Hormones loosen ligaments in your back, tilting the pelvis forward leading to backaches, strained abdomen and extra pressure on your bladder
- ▶ Slouching can restrict the rib cage, making breathing difficult and can cause indigestion

How Cutitta Chiropractic can help:

How we help before pregnancy:

- ▶ We will identify imbalances in your posture and help correct them
- ▶ Starting with correct posture will help your pregnancy progress more smoothly and reduce the need for regular care.

How we help during pregnancy:

- ▶ Correct alignment of the spine has been shown to reduce nausea in the first trimester
- ▶ Keeping your pelvis aligned provides more room for the baby to develop, as well as making delivery easier
- ▶ Keeping rib cage and pelvis in alignment will help you breathe easier, avoid indigestion, and reduce pressure on your bladder
- ▶ 2/3 to 1/2 of all women develop low back pain during pregnancy - we will work with you to relieve this pain and strengthen your back to prevent recurring pain.

How we help after your pregnancy:

- ▶ As your body tightens loosened ligaments it may pull areas of the body out of alignment - we help guide your body to healing correctly
- ▶ Prevent ongoing low back pain
- ▶ Help with new problems that develop as a result of carrying your baby, and all the items you'll need to carry along with your baby!
- ▶ Correct posture has been shown to help with breast feeding.

Meet Dr. Cutitta



Dr. Cutitta has been practicing chiropractic care since 2004. After seeing how chiropractic care helped his parents, he wanted to provide the same care to his own patients. He is committed to providing excellent care and helping his patients achieve optimal health and well-being.

Through years of experience, Dr. Cutitta can pinpoint the source of a patient's pain. "We can pretty much treat every joint in the body - head to toe". Though his primary complaints are headaches and backaches, Cutitta Chiropractic has treated patients with injuries and pain in all areas of the body.

In addition to providing excellent care, Dr. Cutitta is dedicated to helping in the local community. Through continued community outreach, including lectures, pamper events and fundraising opportunities, he tries to give back as much as he receives.

If you have any questions for our office, don't hesitate to ask us! Dr. Cutitta always wants to keep communication open between himself and his patients, and genuinely cares about every question he receives.

A success story from one of our patients:

"I am now 6 months pregnant and was having pain in my right shoulder. Which coming here has helped and I'm actually able to lift things again and not have to sit at home all the time in pain. It has also kept my lower back from hurting throughout the pregnancy so far. I hope to continue coming in throughout the pregnancy which will make my delivery easier. And I would recommend anyone to come, especially if they're pregnant. It is a wonderful job taking care of you if you're pregnant and making sure everything is done correctly." - AH"