

MAY IS MATERNAL MENTAL HEALTH MONTH

Motherhood is a beautiful journey, but it also comes with physical and emotional challenges that can impact mental well-being. Postural changes, pain, and pelvic floor issues often go hand in hand with stress, fatigue and anxiety. This Maternal Mental Health Month, we're highlighting two specialists—a chiropractor and a pelvic floor physical therapist—who help moms feel stronger, move better and reclaim their well-being from the inside out.

And if you're struggling in this season of motherhood, know that you are not alone. Speak to your doctor if you have feelings of depression or anxiety that you just can't shake. Motherhood is both a joy and overwhelming—both can be true. Seeking help is a sign of strength, not weakness. You deserve care, rest, and encouragement just as much as the little ones you're nurturing. ♥

Things Moms Often Struggle With in Silence...



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Chiropractic Care for Moms: Posture & Pain Relief

Motherhood brings major postural changes, from pregnancy to postpartum recovery. Long hours of feeding, rocking and carrying a baby can lead to neck, back and wrist pain, as well as stiffness and weakness.

Many new mothers experience a range of musculoskeletal issues, including:

- Neck pain and shoulder rounding from prolonged feeding and cradling positions.
- Lower back pain due to weakened core muscles and changes in posture.
- Wrist and finger pain from holding and lifting the baby frequently.

These discomforts can make daily activities more challenging and even affect mental well-being. It is

crucial for mothers to prioritize their own physical health to feel their best and fully enjoy their time with their little one.

Zachary Spine & Sports Rehab helps mothers restore alignment and mobility, easing discomfort and supporting overall well-being. Our office offers dry needling, shockwave therapy, KinesioTaping, and customized stretching plans to keep moms moving pain-free. Babies grow fast—stay strong and enjoy the journey without pain holding you back!

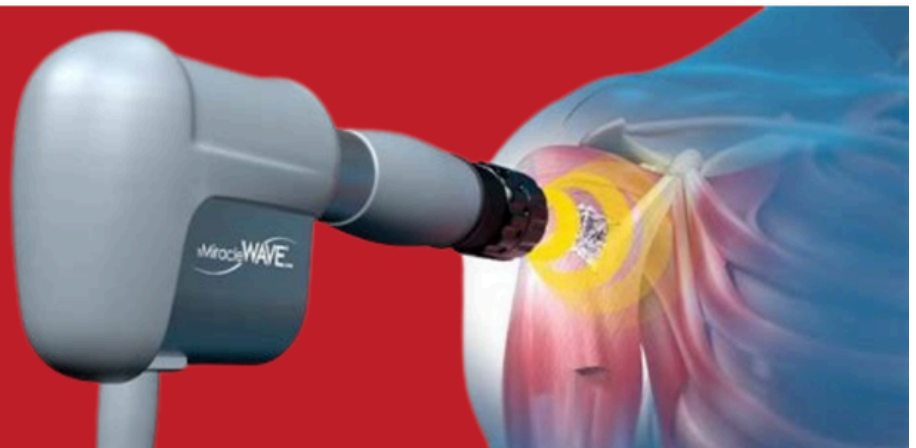


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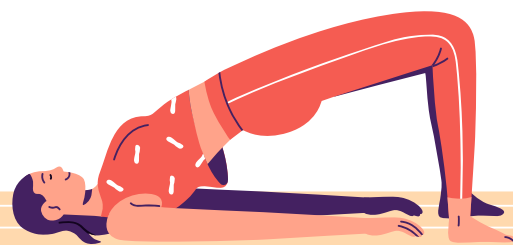
Did You Know?

Pelvic floor physical therapy is considered standard postpartum care in many European countries; all new mothers in France are given a prescription for 10-20 visits to a pelvic floor specialist, and it's paid for by the government.

Early intervention helps prevent a cascade of symptoms that can take years to develop, often originating from weak abdominal and pelvic muscles and postural changes during and after pregnancy. Without proper care, women may find themselves searching for answers, spending excessive time and money on specialist appointments—urologists, proctologists, OB/GYNs, ultrasounds, X-rays, massage therapy—convinced something is wrong with their organs or overall health. In reality, the underlying issue is often muscular imbalance and postural misalignment. Addressing these concerns early can prevent misdiagnoses, reduce unnecessary treatments, and help women regain confidence in their bodies and well-being.



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You must choose the right provider for your health. If you don't, you could end up getting a dangerous surgery (when it might be unnecessary) or being dependent on questionable medication for the rest of your life. Getting the "least-invasive," most natural treatment is VITAL to you stopping your bladder and bowel problems and keeping them from ever coming back.

To do that, you have to not just treat the problem, but have a provider who is willing to figure out WHY the problem happened in the first place. That's when you'll get a PERMANENT solution to your problems. Spoiler alert: Kegels aren't the answer.

At Restoration Health Collective, we specialize in helping adults in Baton Rouge regain control of their bladder and bowels, enjoy their sex life again, and finally defeat pelvic/back pain (or other embarrassing problems) without questionable medications, risky surgery, or just learning to "live with it."

Pelvic floor physical therapy isn't just for women or mothers, though. Men also have pelvic floor muscles that support the bladder, bowels and sexual organs, and Restoration Health Collective has helped many men regain control.

**Schedule a free consultation today.
We promise, it'll be worth it.**

**restorationhealthcollective.com
225-831-5140**