



Dr. Katie Peeples

Dr. Katie is certified in Webster Technique through the International Chiropractic Pediatric Association, she's a member of the Central Florida Birth Network and is training to become a BirthFit Leader.



Contact Us

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"I was experiencing some odd rib pain during my pregnancy. Dr. Katie made me comfortable with her adjustments and taught me methods to release my angry diaphragm at home. After seeing her, the nagging pain was gone within 48 hours."

-Claire, 20 weeks pregnant

"I always feel so relaxed after my treatments. I usually go straight home and take a nap!"

-Lily, 37 weeks pregnant

 **ACHIEVE**
CHIROPRACTIC
& PREGNANCY



Supporting healthy pregnancies,
naturally

Benefits of Chiropractic Care

- Safe, effective, non-invasive
- Relieve sciatica, low back & pubic joint pain
- Improved sleep
- Decreased labor time & pain
- Optimal baby positioning for easier childbirth

Ask about
chiropractic
care for
infants!



Webster Technique

Webster is a form of specific chiropractic analysis and adjustment. First, we ensure that the joints of the pelvis are moving properly.



Next, we stretch and massage the ligaments that connect to the uterus and abdominal wall.

This combination of adjustments and soft tissue work reduces tension on the uterus and ensures that your baby has enough space to get into the optimal position for birth (head down)!



Postpartum Home Visits

You are recovering from a major medical event. No need to stress about packing a diaper bag and loading the kids up in the car.

For established patients, Dr. Katie will travel to you in the first 2 weeks postpartum.

On Call During Labor

Gentle chiropractic adjustments can help when labor has stalled.

Dr. Katie is available on-call for assisted home births.

Ask for more information!