

Grant Chiropractic & Wellness Center

Health and Wellness Success Story

In a few sentences explain how Chiropractic and the knowledge of a wellness lifestyle that you received at Grant Chiropractic & Wellness Center, has changed your life.

Dr. Bart's expertise in Webster Technique for pregnancy has been so valuable to me as I start my new life as a mom. He has helped me to keep my pelvis and sacrum in place, made sure the round ligaments are properly balanced and helped me manage an excruciating case of pregnancy induced carpal tunnel syndrome.

As a fitness professional, providing prenatal training and teaching moms how to restore their core strength safely, I have always urged my clients to see a good chiropractor throughout their pregnancy and to be sure they are Webster trained. It is especially helpful for turning babies, and I can say that my baby went head down very early on and stayed there.

I believe it is crucial to have a team of experts around you to help achieve and maintain optimum health, and Dr. Bart is definitely on my team. I am so lucky. Thanks, Dr. Bart!!! Sara Hatfield

