MaxLiving Chiropractic - Tech Ridge Provides Prenatal Chiropractic Care in Austin, TX

May 14, 2026

AUSTIN, TX - May 14, 2026 -
MaxLiving Chiropractic - Tech Ridge provides prenatal chiropractic care in Austin, TX. The clinic addresses spinal and pelvic stresses that occur during pregnancy as the body undergoes rapid changes. These adjustments remain gentle and non-invasive, consistent with the clinic?s established family wellness model in North Austin.

Pregnancy introduces added weight, shifting posture, and increased stress on the spine and pelvis. This can contribute to misalignment and associated discomforts. The clinic?s prenatal chiropractic care focuses on these areas through careful techniques designed for expectant mothers across all trimesters.

Reported benefits associated with prenatal chiropractic care include reduced labor and delivery time through improved pelvic alignment, improved posture as the body accommodates increasing weight, sciatica relief for nerve-related discomfort, decreased nausea during early pregnancy, better sleep from reduced physical tension, and support for optimal fetal positioning to help prevent breech presentations. These outcomes reflect individual experiences and observations. Evidence for manual therapies during pregnancy includes studies on low back and pelvic pain relief, though many reviews describe the quality of evidence as low to moderate and call for additional research. Such care complements standard prenatal medical guidance rather than replacing it.

The clinic integrates prenatal chiropractic care within the 5 Essentials framework. This consists of Core Chiropractic, Nutrition, Mindset, Oxygen and Exercise, and Minimize Toxins. The model provides a structured whole-body approach aimed at identifying and reducing interferences to natural body processes. Patient care follows a defined process beginning with a thorough health history review to understand each expectant mother?s specific needs and goals. Data collection may include assessments, followed by analysis of results and development of personalized strategies. Education empowers patients to participate actively in their wellness throughout pregnancy.

Dr. Sara Richa, Doctor of Chiropractic and owner of the clinic, leads prenatal services with specialized training. She earned a Bachelor?s Degree in Health Sciences from James Madison University in 2016. She previously worked as an Applied Behavior Analysis therapist providing in-home early intervention for children with Autism and other disabilities. This experience prompted her to explore chiropractic care. She graduated with honors from Life University with a Doctorate of Chiropractic degree. Dr. Sara Richa completed advanced training in spinal correction, nutrition, exercise, and detoxification at one of the largest female-owned health clinics in the country. She holds certification through the Pediatric Experience in pediatric and family care, membership in the International Pediatric Association, and certification in the Webster Technique for prenatal care.

"Prenatal chiropractic care helps address spinal and pelvic misalignments that arise during pregnancy through gentle, safe adjustments tailored to each stage," said Dr. Sara Richa.

The clinic?s approach emphasizes education and family-centered support. Expectant mothers receive guidance on how spinal health influences overall comfort and function during this transformative period. The 5 Essentials framework supports comprehensive wellness by addressing multiple aspects of health rather than isolated symptoms.

"Integrating the Webster Technique and the 5 Essentials allows us to support expectant mothers with personalized strategies that honor the body?s natural processes," said Dr. Sara Richa.

MaxLiving Chiropractic - Tech Ridge serves the North Austin community with principled chiropractic methods. The clinic maintains a focus on thorough assessments, individualized plans, and ongoing education. This model aligns with broader utilization of chiropractic care for family wellness, including prenatal support, as part of non-invasive health options.

The practice prioritizes safety and precision in prenatal adjustments. Care remains collaborative, working alongside patients? primary obstetric providers. The structured process ensures continuity from initial consultation through delivery preparation and postpartum transition.

MaxLiving Chiropractic - Tech Ridge is a chiropractic clinic in North Austin, Texas. The practice utilizes the 5 Essentials framework to assist individuals and families. It supports natural body processes through core chiropractic care, nutritional guidance, mindset focus, exercise recommendations, and toxin minimization strategies.

###

For more information about MaxLiving Chiropractic - Tech Ridge, contact the company here:MaxLiving Chiropractic - Tech RidgeDr. Sara Richa - Doctor of Chiropractic+15127176597info@maxlivingtechridge.com12314 N Interstate Hwy 35 Suite 108, Austin, TX 78753

MaxLiving Chiropractic - Tech Ridge

We take a holistic approach to finding the root cause of symptoms such as neck pain, back pain, hormonal imbalances, autoimmune conditions or any bodily dysfunction.

Website: https://www.maxliving.com/clinic/maxliving-chiropractic-tech-ridge

Email: info@maxlivingtechridge.com

Phone: +15127176597