The Postpartum Reset

Reconnect, restore, and rediscover your body after birth.



Vitalise Chiropractic

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Hi, I'm Dr. Christina — chiropractor, mama, and founder of Vitalise Chiropractic.



Your body has just done something incredible. But postpartum isn't only about recovery — it's about *reconnection*. The shifts in posture, alignment, hormones, and emotional energy can be profound, and it's okay to give yourself the space to heal.

This guide will help you gently restore balance, reconnect to your body, and find daily habits that bring you back to center.

With care and compassion,

Dr. Christina Lowenthal, D.C.

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What's Happening in the Postpartum Body

- Ligaments and joints remain looser from pregnancy hormones.
- Posture shifts (hello, nursing shoulders!) can strain the spine and pelvis.
- The nervous system is adapting to new sleep rhythms and emotional loads.
 - Your core, breath, and pelvic floor are re-learning coordination.

"Postpartum recovery isn't a race — it's a recalibration."



The Power of Chiropractic in Postpartum Recovery

Gentle adjustments can:

- 1. Restore pelvic and spinal alignment after birth
 - 2. Support healing and hormone balance
- 3. Ease mid-back tension from nursing and baby care
 - 4. Improve energy, posture, and sleep quality
- 5. Help reconnect the brain-body pathways that stabilize your core



Daily Movement + Breathwork Reset



Try these simple restorative habits each day:

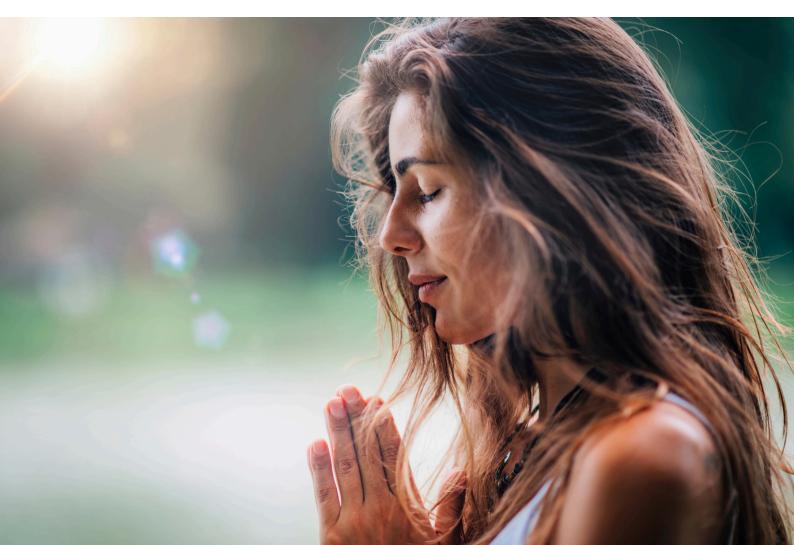
- Morning: 3 deep belly breaths before getting out of bed
- Midday: Shoulder rolls + pelvic tilts while holding baby
- Evening: Gentle diaphragmatic breathing before bed

These small moments build awareness and help your body reintegrate strength and balance.

Emotional + Nervous System Check-In

Healing isn't only physical.

- Practice gratitude journaling for one small win each day
- Ask for help community support is strength, not weakness
- Visit your chiropractor to release physical and emotional tension stored in your nervous system



"You're allowed to receive care. You don't have to carry it all."

Your Reset Plan



Write down your personal postpartum wellness goals:

• Move my body ____ times per week

☐ Ask for help when I feel ____

☐ Book my postpartum chiropractic check by _____

Book Your Postpartum Check-In

Your body deserves the same care and attention you gave during pregnancy. Chiropractic helps you heal, reconnect, and feel strong again — inside and out.



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