



Back on Trac Spinal Decompression for Pregnancy-Related Back Pain

Pregnancy is an exciting time, but many women experience significant back pain as their bodies change to support a growing baby. Shifting posture, hormonal changes, and increased pressure on the spine can all contribute to discomfort.

At **WellSpine KC**, Drs. Andrew and Liisa Hall regularly work with expecting moms who are dealing with lower back pain, hip discomfort, or sciatica—and our goal is always to help you stay as comfortable as possible throughout your pregnancy.

One option we may recommend, depending on your stage of pregnancy and individual needs, is **Back on Trac spinal decompression therapy**.

Why Back Pain Happens During Pregnancy

As your body changes, several factors begin to affect your spine:

Shifting Center of Gravity

As your baby grows, your posture naturally changes, placing more stress on the lower back.

Hormonal Changes

Pregnancy hormones loosen ligaments, which can reduce stability in the spine and pelvis.

Increased Pressure on the Spine

Additional weight and postural changes can increase pressure on spinal discs and nearby nerves.

What Is Back on Trac?

Back on Trac is a **non-surgical spinal decompression therapy** designed to gently stretch the spine and relieve pressure.

At WellSpine KC, Drs. Hall may incorporate Back on Trac as part of a **personalized care plan** to help:

- Reduce pressure on spinal discs
 - Decrease irritation on nearby nerves
 - Improve circulation in the spine
 - Support natural healing
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How We Use Back on Trac During Pregnancy

At WellSpine KC, we always tailor care to the individual.

In early pregnancy, we typically focus on **gentle support, alignment, and stability**, rather than introducing decompression right away.

As pregnancy progresses—often after the first trimester—Drs. Hall may begin incorporating Back on Trac, depending on your comfort and specific condition.

How Treatment Is Modified for Pregnancy

When Back on Trac is used during pregnancy, it is adjusted to ensure comfort and safety.

At WellSpine KC, this typically includes:

- Short, comfortable sessions (**about 10–12 minutes**)
- **No heat or vibration** during pregnancy
- Table positioning that avoids a fully reclined position
- Adjustments based on how you are feeling at each visit

These modifications allow us to keep the treatment **gentle, supportive, and appropriate for expecting moms**.

How Back on Trac May Help

Pregnancy-related back pain is often caused by **increased pressure on the spine and surrounding nerves**.

By gently relieving that pressure, many of our patients experience improvement in:

- Lower back pain
 - Sciatica
 - Hip discomfort
 - Nerve-related tension
 - Overall mobility and comfort
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A Supportive Approach at WellSpine KC

Back on Trac is just one part of how we care for pregnant patients.

Drs. Hall often combine this with:

- Chiropractic adjustments focused on pelvic balance
- Guidance on posture and movement
- Use of **wobble seats** to support pelvic mobility and comfort

Our approach is always centered on **helping your body adapt as it changes throughout pregnancy**.

What to Expect During Treatment

Back on Trac therapy is designed to be simple and comfortable.

During treatment:

1. You lie comfortably on a specialized decompression table
2. Gentle traction is applied to the spine
3. Sessions last about **10–12 minutes**

Many patients describe the experience as relaxing and easy to tolerate.

When to Seek Help

While some discomfort during pregnancy is common, ongoing pain should not be ignored.

Drs. Hall recommend an evaluation if you are experiencing:

- Persistent lower back pain
 - Pain traveling down the leg (sciatica)
 - Difficulty sleeping due to discomfort
 - Pain that interferes with daily activities
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Supporting a More Comfortable Pregnancy


Every pregnancy is different, which is why care at WellSpine KC is always individualized.


If you are dealing with back pain or sciatica, Drs. Andrew and Liisa Hall can help determine whether **Back on Trac spinal decompression** and supportive care may be right for you.

Schedule a Consultation

WellSpine KC

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