

PREGNANCY INTAKE & CHARTING THAT BUILDS TRUST

*EVIDENCE-BASED CHIROPRACTIC
TOOLS TO ELEVATE YOUR PRENATAL
PRACTICE & GROW REFERRALS*

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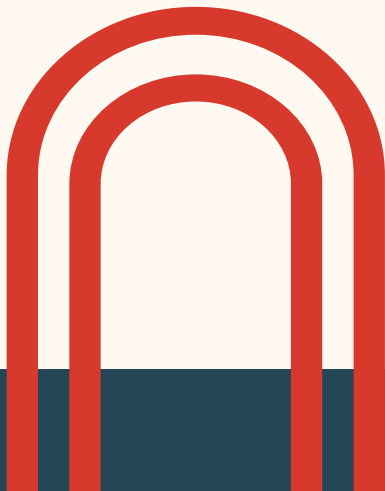
PREGNANCY INTAKE & EXAM CHECKLIST

- **Subjective:** Quote mom's exact words. Example: "Feels like her pubic bone is splitting when rolling in bed." Quantify with function, not pain scales: "Walking from car to office now takes 10 minutes vs. 2 minutes pre-pregnancy."
- **Objective:** Document posture, gait, ROM (note if deferred due to gestation). Example: "Pelvis shifts left with weight-bearing, lumbar extension deferred due to gestational stage."
- **Assessment:** Note musculoskeletal findings clearly. Always document red flags: swelling, dizziness, vaginal bleeding ® referral.
- **Plan:** Gentle, pregnancy-appropriate care. Always include collaborative language: "Continue care under OB supervision; chiropractic to support pelvic comfort and mobility."

CHARTING THAT GETS REFERRALS

If you want OBs and midwives to see you as a trusted partner, your notes must reflect collaboration and respect.

- **Don't Override — Align:** Never contradict their recommendations. Document alongside them.
- **Quote and Translate:** Use mom's words, then translate into function.
- **Communicate Directly:** Call OB/midwife offices, send co-management reports. Best ally? The nurse who answers the phone.
- **Build Relationships:** Do lunches. Be human. Confident. Professional.
- **Document Collaboration:** End notes with: "Continue OB's recommendations; chiropractic co-management ongoing."



COMPLIANCE CORNER: INSURANCE & CHIROHEALTHUSA

Just because there's a subluxation doesn't mean it qualifies as musculoskeletal for insurance purposes.

Insurance reimburses for musculoskeletal diagnoses only. For pregnancy, that may include:

- Low back pain
- Sciatica
- Sacroiliac dysfunction
- Pubic symphysis dysfunction
- Round ligament strain (if musculoskeletal framed)

But many common pregnancy complaints are non-covered wellness/organic issues:

- Nausea
- Reflux
- Fatigue
- Breech positioning
- General wellness care

► If it's not musculoskeletal, insurance almost never covers chiropractic in pregnancy. **ChiroHealthUSA** is the compliant, cost-effective option to treat what insurance won't — keeping you audit-proof and moms supported.

Covered (Musculoskeletal)

- Low back pain
- Sciatica
- Sacroiliac dysfunction
- Pubic symphysis dysfunction
- Round ligament strain

Non-Covered (Wellness/Organic)

- Nausea
- Reflux
- Fatigue
- Breech positioning
- Wellness care