



MICHIGAN'S BEST REVIEWED
MULTIDISCIPLINARY PRACTICE

A Partner in Maternal Health & Beyond

*Collaborative Solutions
to Support Patients of All Ages*



Focused on Maternity Care & Women's Wellness

Specializing in pregnancy-related musculoskeletal concerns—including back, pelvic, hip, and sciatic discomfort—the OLM Team provides gentle, personalized care to support posture, mobility, and comfort throughout maternity. With 60+ years of combined experience and over 100,000 corrective treatments delivered, our providers blend expertise with compassion to create safe, effective care plans. Postpartum recovery, pelvic alignment, and core stability remain our focus, while we also assist women managing headaches, joint pain, arthritis, and hormone-related musculoskeletal issues.

Treatment Options Designed to Complement Your Care

- ✓ **Chiropractic Care** Gentle, precise Activator Method adjustments for pregnancy and postpartum patients. In addition, Dr. Jon Dean is Webster Certified through the International Chiropractic Pediatric Association (ICPA). No x-rays required for treatment.
- ✓ **Therapeutic Massage** Evidence-based techniques for relaxation and effective pain relief
- ✓ **Regenerative Medicine** On-site physician assistants oversee imaging, diagnostics, and regenerative options: shockwave therapy, cold laser, and guided injections



Webster Technique

**Designed for
maternity care**

**Supports pelvic
balance & reduces
ligament tension**

**Encourages optimal
baby positioning**

**Gentle, safe
adjustments
ICPA certified**

Integrated Care, Tailored for Women's Wellness

Oakland Lifestyle Medicine integrates chiropractic care, physical therapy, therapeutic massage, and on-site medical services within one collaborative model. Our multidisciplinary team—including chiropractors, physician assistants, and massage therapists—works together to treat root causes, reduce discomfort, and improve function.



Supporting Women Through Pregnancy, Recovery & Lifelong Wellness

- Pregnancy-related discomfort: Low back and rib pain, sciatica, pelvic pain
- Postpartum recovery: Core stability, pelvic alignment, scar tissue mobility, posture correction
- Pelvic & hip dysfunction: Alignment and muscle balance to complement pelvic floor therapy
- Hormone-related musculoskeletal issues: Joint stiffness, muscle tension
- Chronic pain & inflammation: Non-pharmaceutical solutions to enhance quality of life

Partnering with OB-GYNs for Better Patient Outcomes

We welcome referrals from OB-GYN practices seeking a trusted partner to support patients through pregnancy, postpartum recovery, and beyond. Our care complements your treatment plans with gentle, pregnancy-safe techniques and a Webster-certified provider for specialized prenatal care.

With clear communication and convenient scheduling,
we make collaboration simple and patient care seamless.

Together, we help your patients feel their best—through pregnancy, postpartum, and beyond.

4.9 ★★★★★ **Google** 235+ Google Reviews

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