



Chiropractic Newsletter

Discover Chiropractic

What is the Webster Technique?

The Webster Technique is a chiropractic adjustment suited particularly well for pregnant moms in preparation for a balanced birth. The Webster Technique alleviates structural strains so the mother and baby can achieve optimal positioning prior to birth. Among the many factors that go into a healthy pregnancy and birth, the Webster Technique covers two essentials:

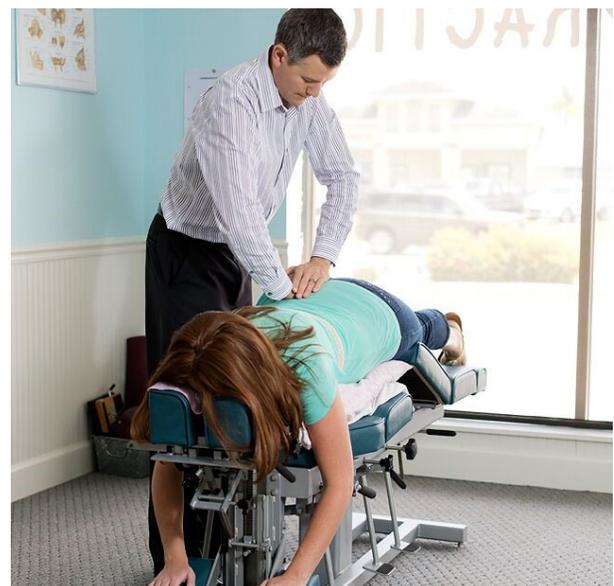
- 1) Improved uterine spacing, ligament function, and pelvic balance.
- 2) A healthy nervous system to mediate normal physiology.

Pregnant moms have a great advantage working with chiropractic and the Webster Technique. Beginning early provides the greatest benefit, however it's never too late to achieve positive results!

A common success story with chiropractic care is the experience of an easier, safer birth. During pregnancy and birth, the body must undergo many physical changes. Complications arise when the

body is prevented from making these changes as nature designed. Ideal physiological function and proper birth mechanics are an essential part of the design of a healthy birth. Chiropractic helps support physiology and birth mechanics to alleviate the need for external interventions. By supporting the body's own natural ability to give birth, we can achieve safer, easier birth outcomes.

Seeking out chiropractic care during pregnancy provides the additional benefit of establishing care so that your newborn can be checked for



Source: John Edwards, DC, DACCP

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misalignments after birth.

The Webster Technique allows moms to assure a safer, easier birth. It promotes the ideal conditions in the body for a physiologically driven birth. With pelvic alignment and ideal fetal positioning, birth can happen as it was designed to—free of interference. This is the safest way to give birth for the baby.

A common belief is that chiropractors can turn a baby from their breech position. However, this notion betrays an essential component of how chiropractic works.

Chiropractors do not “turn breech babies.” They open up the space and align the body so the baby can find the position that’s most ideal for his or her birth. This is often head down, occiput anterior, but not always.

After birth, babies need to adjust to the outside world. They need to learn to breastfeed and to adapt to stressors. Sometimes they do this without the need for any external considerations. However, if trauma is present from birth, or if structural misalignments exist, these natural functions may be inhibited.

With chiropractic, we not only assure the ideal conditions for birth, we make sure the child is set up for the best possible start to a healthy development.

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