

Chiropractic Care for Pregnancy – The Webster Technique

The Webster Technique

Chiropractic care benefits all aspects of your body's ability to be healthy. This is accomplished by working with the nervous system - the communication system between your brain and body. Doctors of Chiropractic work to correct spinal, pelvic and cranial misalignments. When misaligned, these structures create an imbalance in surrounding muscles and ligaments and may affect the body's ability to function optimally.

Sacral misalignment may cause tightening and torsion of specific pelvic muscles and ligaments. It is these tense muscles and ligaments that may affect the position of the uterus and possibly baby's position for comfortably assuming the best possible position for birth. The Webster Technique is defined as a specific chiropractic analysis and adjustment that reduces interference to the nerve system and facilitates biomechanical balance in pelvic structures, muscles and ligaments. This can help reduce the effects of intrauterine constraint, and allow the baby to get into the best possible position for birth.

Dr. Larry Webster, Founder of the International Chiropractic Pediatric Association (ICPA) discovered this technique as a safe means to restore proper pelvic balance and function for pregnant mothers. Please know that this technique is NOT to be interpreted as an obstetric, "breech turning" technique.

It is strongly recommended by the ICPA instructors of this technique that this specific analysis and adjustment of the sacrum be used **throughout pregnancy**, to detect imbalance and optimize pelvic biomechanics in preparation for safer, easier births.