



Is your baby in the optimal position for a good, safe, birth?

The Webster Technique is a specific analysis and adjustment whose appeal, necessity and popularity are increasing in both the professional and public sectors. Discovered by Dr. Larry Webster, this technique was first taught as a sacral adjustment which allowed a baby in a breech presentation to turn to the vertex position. As founder of the International Chiropractic Pediatric Association (ICPA) and Pediatric Instructor at Life College, Dr. Webster had the venue to share this technique with many students and Doctors of Chiropractic. These practitioners brought this technique into their communities and according to Dr. Webster's instructions, offered it to mothers who were presented with breech presentations in their last tri-mester. Success with this specific adjustment to alleviate "breech presentations" became known by birthing practitioners (primarily midwives) and it became known as the Webster Breech Turning Technique.

When Dr. Anrig was compiling the extensive materials for her textbook, "Chiropractic Pediatrics" the name of the technique evolved to the Webster In-Utero-Constraint Technique. This title reflected a more accurate description of the Technique as it identified the physiological relationship between the sacral subluxation and intrauterine constraint.

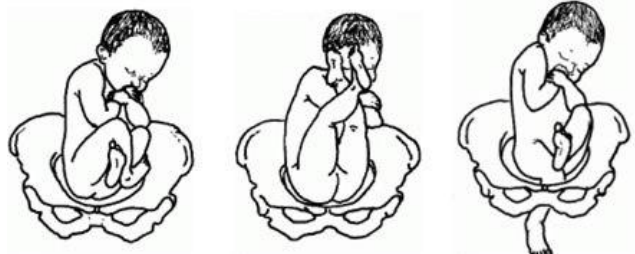
After Dr. Webster's passing in 1997, the Technique continued to be taught by instructors of the ICPA's 120 hour certification program. With its increased exposure and use, more women experienced the benefits of the technique, and more practitioners expressed greater interest in defining the physiological aspects of this particular analysis and adjustment. A look into the physiology of the woman's pelvis, particularly the suspension ligaments of the uterus and their biomechanical relationship with the sacrum, revealed a deeper understanding of how the administration of this technique could affect the positioning of the developing fetus. In February, 2000, the ICPA approved and incorporated a Technique Proficiency class to update and expose Doctors to the now understood physiology of the technique. The technique itself became termed the "Webster Technique."

This more sophisticated understanding led to an evolution in the technique protocols. Whereas the technique was used on women presenting breech in their last trimester only, it is now understood that this specific sacral analysis and adjustment is an asset to the pregnant woman *throughout pregnancy* as a means of preventing or limiting the potential of intrauterine constraint. Intrauterine constraint is a condition where fetal movement is restricted resulting in potential adverse effects to its development throughout pregnancy. Furthermore, limited movement and space in the uterus can lead to malpresentation in various forms: breech, transverse, posterior, as well as asynclitic presentations. Malpresentation at the time of birth is one of the four leading causes of dystocia (difficult labor). Dystocia is the primary reason for medical intervention. Medical intervention almost always leads to further intervention and frequently results in a more traumatic birth for both the mother and baby.

It is a wonderful thing to offer a service and help create an environment that allows a baby to go from breech to vertex. Breech presentations, however, occur in only 4% of the population. Many, many more women experience dystocia in labor leading to excessive interventions and trauma. When it comes to birth, the obstetric profession readily refers to difficult labor and its cause by admitting that, "Such complications, however, are not determined by birth weight alone, but by a poorly understood relationship between fetal maternal anatomy and other factors." In 'Williams Obstetrics' chapter on dystocia, the authors also admit that they have a limited understanding of the natural, physiological process of birth.

As Doctors of Chiropractic, our perspective on physiology offers significant insight into intrauterine constraint, its effects and the difficult labors it creates. The Webster Technique is a significant analysis and adjustment to be utilized throughout pregnancy for the prevention of dystocia (difficult labor).

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