

Pregnancy and Chiropractic

Pregnancy is a time of amazing changes in a woman's body as her uterus expands to care for her growing baby. When pregnant, the mother must adapt and compensate for these many postural and hormonal changes. Gentle, prenatal chiropractic care helps to remove some of the stresses of pregnancy, balance the mother's pelvis and spine, and allow for an easier birthing process. When the mother's body is in balance, her growing child can develop in a healthier environment and be in harmony too.



How can chiropractic help me while I'm pregnant?

Potential benefits for women receiving chiropractic care when pregnant include:

- Relief of back, neck, pelvic, and joint pain
- Controlling vomiting and morning sickness
- Increasing the likelihood of a full-term delivery
- Reduction in amount of time for labor and delivery
- Reduction in cesarean sections and breech deliveries
- Reduction in pain during labor
- Safe and effective nutritional and exercise recommendations

For more information on pregnancy and chiropractic please visit the [ICPA website](#).

Breech babies and The Webster Technique

What is it?

The Webster Technique defined:

Active Health Chiropractic

201 Centre Dr. Ste 102
Stephens City, VA 22655
Phone: 540.868.9969
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This chiropractic technique helps to correct sacral misalignment, balance pelvic muscles and ligaments which in turn removes torsion to the woman's uterus, its resulting constraint to the baby, and allows the baby to get into the best possible position for birth.

Pregnant moms with babies in the breech position visit chiropractors for this safe and gentle technique. The Webster Technique increases the space around the uterus giving the baby the room it needs to turn. Even expecting moms that are progressing well in their pregnancy can benefit from the Webster Technique because it helps to bring mom to optimal health as well as optimize the health and space for baby!



How does it work?

The chiropractor will give an adjustment and ligament massage to the pregnant mother. This process relieves muscle tension and bony misalignments in the mother's pelvis that may be stopping the baby from turning "head down" or having as much room as possible to move.

Why would a pregnant mom choose this technique?

Unlike an external cephalic version (ECV) performed by an obstetrician under strong medications, the Webster Technique is natural, uses no drugs, and is gentle to the mother and child.

How effective is it?

Research has repeatedly found that moms who use the Webster Technique have an 85% success rate compared to the 35% success rate of turning their breech baby with an ECV. Some moms only need one adjustment before their baby turns head down. When allowed to function at its highest level, the mother's body knows exactly what to do!

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