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THE WEBSTER TECHNIQUE

ABOUT THE WEBSTER TECHNIQUE

The Webster Technique is a specific Chiropractic adjustment for the maternal pelvis. It was discovered by Dr. Larry Webster as a safe means to restore proper pelvic balance and function for pregnant mothers. As a mother's weight increases through pregnancy, her center of gravity shifts and her posture responds accordingly. In addition, ligament laxity (brought on by the hormone relaxin) adds to instability in all of her joints, including her spine and pelvis. This instability may cause low back pain which is a burden to anyone's daily life. *However, the misalignment to the spine and pelvis has a far more crucial consequence to a mother and her developing baby.* As a mother's body and nervous system is functioning for two, any interference can be detrimental to her and the baby. Reducing this nervous system stress is key to normal bodily function.

As a mother's pelvis and sacrum (the major triangular bone in the pelvis) are misaligned, the baby will experience a condition called "intrauterine constraint." This "intrauterine constraint" can create twisting in the uterus limiting space for the baby. This not only compromises fetal positioning, but can also impair the future health of the baby.

The optimal position for a baby is anterior vertex (rear-facing, head down). *When a baby presents breach or posterior it is often a result of an imbalance in the mother's pelvis forcing the baby into a compromised position.*

The body's intelligence wants the easiest route for the baby and likewise the baby's intelligence will naturally assume the anterior vertex position if intrauterine constraint is gone.

The Webster protocol recommends receiving treatments throughout the **WHOLE** pregnancy. Your body is changing daily, and with the relaxin in your system treatments will not hold well. If you want the best for your baby, it is recommended you follow Dr. Garber's recommendations.

WHAT CAN YOU DO AT HOME?

In order to allow your treatments to hold, you must follow Dr. Garber's instructions. Eliminating any activity or chore that is done one-sided is crucial. This includes, but is not limited to, carrying an older child on one hip, carrying a laundry basket on the hip, or sweeping/vacuuming with only the right or left arm. As you go through your normal daily routine, pay attention to ways you can be ambidextrous (using both sides of your body equally).

Continue to see your physician or midwife, keep taking your prenatal vitamins, and drink plenty of water. Make light exercise part of your daily routine!

If you would like to have your baby adjusted after delivery at New Eden, contact our office to set up an appointment!

Enjoy your pregnancy. This is one time in your life that you are part of an amazing miracle happening right inside your belly!