

## The Webster In-Utero Constraint Technique

Chiropractic care benefits all aspects of your body's ability to be healthy. This is accomplished by working with the nervous system--the conduit of intelligence between your brain and body. Doctors of Chiropractic work to correct subluxations (misalignments) of the individual spinal bones. When subluxated, these bones put pressure on the spinal cord and the spinal nerves causing malfunction in any part of the body.

One such malfunction may be the tightening of pelvic muscles and ligaments producing uterine constraint. It is these tense muscles and ligaments and their constraining effect on the uterus which prevent the baby from comfortably assuming the vertex position. The Webster In-utero Constraint Technique is a specific chiropractic analysis and adjustment used to correct subluxations in the pregnant mother's sacrum and pelvis. This relaxes the mother's muscles and ligaments, providing the physiological environment necessary for optimal baby positioning.

Dr. Larry Webster, Founder of the International Chiropractic Pediatric Association developed this technique as a safe means to restore proper pelvic structure and function for pregnant mothers. In expectant mothers presenting breech, there has been a 75- 95% success rate of the baby turning to the normal vertex position. Most commonly known for its success in turning breech babies, any position of the baby other than vertex may indicate the presence of subluxation and in-utero constraint. It has been strongly recommended by Doctors trained in this technique, that the specific analysis portion of this technique be used throughout pregnancy, to detect subluxations and prevent in utero constraint.

Because of the effect the chiropractic adjustment has on all body functions, all pregnant mothers should have their spines checked regularly throughout pregnancy, optimizing health potential for themselves and their developing baby. Yes, chiropractic care from conception and continued after birth for both mother and child has given many families an opportunity for greater health.