

## Chiropractic Success Story

When I was about 28 weeks pregnant with my second child, the midwife confirmed one of my fears: The baby was presenting breech. I'd had a prior Cesarean section, largely because of a breech baby, and was so hoping for a vaginal birth. Since almost all breech babies in the United States are born via abdominal surgery, I knew my best chance at a VBAC was if the baby turned to a head-down position. Someone recommended chiropractic treatment, telling me that a skilled chiropractor can perform a certain technique — the “Webster Technique” — to help a baby turn to a good position.

I first visited the chiropractor at about 30 weeks gestation, and he was able to assess the condition of my spine — finding not-surprising problems around my lower back, my sacrum — and perform the Webster Technique. (The doctor will have to explain the finer mechanical details of the technique, but it essentially helps align the lower spine and open up the pelvis so that a baby can comfortably turn to and stay in a head-down position.\*)

After having the Webster Technique performed and following up with adjustments — and with some additional help of my midwives — the baby was able to turn to and stay in a head-down position. I'm convinced the chiropractic treatment alleviated what's called “intrauterine constraint” that probably kept the baby from being comfortable with her head down in the pelvis.

I continued with subsequent adjustments through week 37, and at week 38 delivered a healthy baby, enjoying an unmediated and uncomplicated birth at home. In fact, the baby, a girl, presented in the IDEAL position for vaginal birth.

As I pursue certification to become a childbirth educator, I plan to tell my students about the merits of chiropractic care. Not only did it certainly help in positioning the baby correctly, but I'm sure it helped prepare my spine and pelvis for the labor and delivery, both of which were quite tolerable and as “textbook” as one can get.

— Stephanie Price, Goshen

*\*Please note: Neither the Webster Technique nor chiropractic care in general includes manual manipulation of the baby or any kind of obstetric care at all.*

