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More Research Shows Chiropractic Can Help with Breech Births

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Recent research reported in the [*Journal of Pediatric, Maternal & Family Health - Chiropractic*](#) reveals that chiropractic may play an important role in helping pregnant women with breech presentations deliver normally in such situations.

The research is the first to report on the use of a hand held instrument to administer a specialized chiropractic technique developed for "In Utero Constraint", a leading cause of breech presentations.

"Every day more clinical research is showing that chiropractic care can play a crucial role during pregnancy, labour and delivery" stated Dr. Drew Rubin, the author of the study. "Research showing that the Webster Technique can affect a breech presentation so that more aggressive interventions such as C-sections can be potentially avoided is growing. This study is the first to use a hand held adjusting instrument to perform Webster's Technique" added Dr. Rubin.

Despite widespread education and efforts to curb birthing interventions such as caesarean sections, their use remains high and concern amongst health care advocates is growing. The concern centers around the use of high risk interventions for "convenience" of the doctor or mother without taking into consideration the long term effects of a traumatic birth on the child.

"Some expectant mothers are hesitant to undergo chiropractic care for fear it might harm the baby" stated Dr. Matthew McCoy a researcher, public health expert and editor of the journal that published the study. "But the data shows this is simply not the case and chiropractic has been shown to be safe and effective during pregnancy. The findings from Dr. Rubin's study add further options for the way pregnant women are adjusted" added McCoy.

As pointed out in the paper, a hand held adjusting instrument was used to perform one part of the adjustment known as Webster's Technique. The instrument produces a very light impulse that helps "reset" the spinal or pelvic joints. According to chiropractic specialists, distortions of the spine and pelvis either cause or add to the problem of "In Utero Constraint", possibly causing breech pregnancies. Spinal and pelvic distortions, termed subluxations by chiropractors, result in structural and neurological interference to the spine and nerve system. It is this interference that may affect the birth process and chiropractors correct or reduce this interference, correct the imbalance and allow the fetus to turn in preparation for the birth process.

"The goal is for the mother to be checked prior to the time of delivery so that these problems can be corrected beforehand and a difficult labor avoided" remarked Dr. Rubin adding "While these are only three cases, coupled with numerous other case studies and some larger clinical studies, our hope is that it shows health care providers that chiropractors can play a very beneficial role in the management of pregnant patients."

All three mothers in this study were managed utilizing the Webster Technique and after 2-4 Webster Technique adjustments, the babies turned from a frank breech position to a vertex, head-down position.



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Dr. Rubin calls for more research on the role of chiropractic care in pregnancy and delivery.

For more information on Webster technique and chiropractic care in pregnancy, contact Dr. Stacey Rosenberg at Gibsons Chiropractic (604) 886-7080 or your local family chiropractor. To find a listing of Webster Technique certified practitioners in your area, visit www.icpa4kids.com.