



WEBSTER TECHNIQUE

About the Webster Technique

Chiropractic care in pregnancy is vital to the normal physiological function of both the mother and baby throughout pregnancy and birth. More women and birth providers are discovering the many benefits associated with chiropractic care in pregnancy and recognize this area of expertise through the ICPA Webster Certification.

The Webster Technique is a specific chiropractic analysis and adjustment. The goal of the adjustment is to reduce the effects of pelvic imbalance.

In pregnancy, pelvic imbalance may affect the mother's comfort and the baby's imbalance. During birth, pelvic imbalance can affect labor progression, leading to unnecessary intervention. Pelvic imbalance adversely affects uterine nerve function, the structure of the pelvis, and may hinder a baby's ability to gain optimal positioning. These are the very causes of dystocia or difficult, stalled labor. The Webster Technique helps achieve a state of balance in the pelvis that may contribute to a safer, easier birth outcome.

History of the Webster Technique

Dr. Larry Webster, founder of the ICPA, developed the Webster Technique in response to his daughter's long and arduous birth of her first child. He felt that chiropractic could have a bigger impact on birth with a more specific approach to the pregnant pelvis. He developed then applied the Webster Technique in his practice as a means of achieving pelvic balance in preparation for birth. He noticed that in most cases, when women had a breech presentation, these babies would turn themselves to the more desirable, head down position!

The ICPA initiated the Webster Technique Certification to provide doctors of chiropractic with the advanced training and physiological understanding for this technique in pregnancy. Additionally, Webster Certified doctors contribute to ICPA's ongoing clinical research relating to the technique's ability to support optimal physiological function in pregnancy and birth. The research reveals that this particular adjustment may very well contribute to safer, easier births by alleviating the very causes of dystocia.

The goal of all birth providers and mothers is a safer, easier birth for both the mother and baby. As more mothers are benefiting from the specific care offered by the Webster Certified doctors, more and more birth care providers are actively seeking these doctors to care for their pregnant women throughout pregnancy.

THE ICPA INVITES ALL PREGNANT WOMEN TO ADD CHIROPRACTIC TO THEIR PRENATAL CARE PLANS. LEARN MORE: ICPA4KIDS.ORG