

## **The Webster Technique and The Bagnell Technique for Breech Presentation**

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 Technique is a specific chiropractic analysis and adjustment used to correct subluxations in the pregnant mother's sacrum and pelvis. This balances the mother's pelvic 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% reported 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.

The Bagnell Technique is another chiropractic technique used to analyze for in-utero constraint. It involves a more in-depth analysis of the pelvis, sacrum, and attaching muscles and ligaments. Dr. Roth uses both of these techniques to analyze for constraint on the fetus. It has been strongly recommended by doctors trained in these techniques that the specific analysis and adjustment of the sacrum, pelvis, muscles and ligaments be used throughout pregnancy to detect subluxations and prevent in-utero constraint. If referring for a mal-presentation when chiropractic care has not been received throughout the pregnancy, the Webster Technique and The Bagnell Technique work best when performed prior to 36 weeks gestation. We have had babies turn after 36 weeks, but the success rate goes down as the baby gets bigger and has less room to move.

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. Chiropractic care from conception and continued after birth for both mother and child has given many families an opportunity for greater health.