

TURN BABY, TURN!

As beautiful as being pregnant can be, there are some challenges that affect mom, baby, and dad. Yes, believe it or not, we dads are also affected by pregnancy, but we will not talk about that today. Most of the expectant moms I meet want to have a natural and safe birth, avoiding procedures like Epidurals, Pitocin (commonly known as "Pit"), and the surgical procedure known as caesarean section. When baby is not in the proper position for birth it is all but guaranteed to result in a caesarean section.

The most optimal position for the baby is head down in the pelvis, curled in the fetal position, chin to chest. This is called a vertex position. Any position other than head down is not optimal for a safe delivery. These positions known as breech or transverse are commonly due to "in-uterine" constraint; an alteration of the pelvis structure, muscles, tendons and ligaments that attach to the uterus. The pressure on the uterus does not allow the baby freedom to move freely into the proper position. Traditionally medical doctors use a procedure to turn the baby when the baby is in a breech or transverse position. This technique involves applying pressure to the mother's abdomen by 1-2 doctors; this is known as external cephalic version (ECV). The objective is to physically turn the baby using the doctor's hands. The procedure can be extremely painful and stressful for mother and baby. The risks with this procedure include injury to the mother and baby and can cause the baby to become distressed, which can lead to an emergency c-section. Research shows that ECV only has a 58% average of success and 7% return to breech presentation.

There are other options that are less invasive. A specific and safe technique called the "Webster Technique" is designed to relax the mother's pelvis muscles and ligaments, providing the best environment for normal baby positioning. Dr. Larry Webster is the founder of the International Chiropractic Pediatric Association, and is an icon to many in our profession. The ICPA defines "The Webster technique" as "a specific chiropractic analysis and adjustment that reduces interference to the nerve system and balances maternal pelvic muscles and ligaments, this in turn reduces torsion in the uterus, a cause of intra-uterine constraint of the baby and allows for optimal fetal positioning."

Chiropractic care benefits all aspects of your body's ability to be healthy. As chiropractors we work to correct subluxations, the misalignment of the spinal bones. When misaligned, these bones/vertebrae put pressure on the spinal cord and the spinal nerves; this causes malfunction in different parts of the body.

As a chiropractor certified in the Webster technique, I feel that all pregnant women should have their spine checked regularly throughout pregnancy to optimize health for themselves and their developing baby. Obstetricians and Physicians have referred numerous pregnant women to us due to chiropractic and the Webster technique being so successful and pain free.



Ethan Childs, DC



Ledges Chiropractic Center

Dr. Ethan H. Childs, Chiropractor
229 N. Bridge Street • Grand Ledge, MI 48837 **517-627-7070**
www.ledgeschiropractic.com