Hello!

I have found your website very helpful. I am looking for a chiropractor in the Denver area than can assist in turning a breech baby around. Do you have a database of chiropractors by their skill?

Thanks,

JAS

It is important to recognize that Doctors of Chiropractic do not turn breech babies—that is the practice of obstetrics. Doctors of Chiropractic are trained to adjust the spine and pelvis when indicated. Misalignments of these bones may cause strain and uneven pulling of the attached pelvic muscles and ligaments. The adjustment facilitates a state of pelvic balance, decreasing torsion to the uterus, offering greater room. This gives the baby the opportunity to get into the best possible position for birth. The Webster technique is a specific chiropractic adjustment that facilitates this desired balance in the pelvis.

Our website has a membership directory that can help you find a doctor in your area.

Jeanne Ohm, DC
Dear Dr. Ohm,

The Webster Technique was a miracle for me and my son who was breech at 37 weeks. He turned just in time for a beautiful vaginal birth in September 2000.

I am happily pregnant again! At 28 weeks, my second child is breech too! While I know that she could spontaneously turn, I am also beginning to wonder if my body prefers to carry breech babies until I have the proper chiropractic adjustment. My question is about the timing of the Webster technique. Should I wait until much closer to my due date (around 34 or 36 weeks) before seeing my chiropractor? If I have the technique sooner I worry that my baby will have too much time to turn breech again. What is your experience and opinion? Thank you in advance.

Sincerely,
BT

Congratulations!!

The Webster technique is a specific chiropractic analysis and adjustment and not a breech-turning technique. It balances pelvic muscles and ligaments which eliminates torsion in the mother’s uterus. This reduces the potential of intrauterine constraint to the baby offering a greater opportunity for the baby to develop without constraint and get into the best possible position for birth. This is why I always recommend chiropractic care throughout pregnancy, not just at the end because of positioning.

Yes, I do believe your pelvis may have a tendency for imbalance which contributes to a breech presentation. The breech baby is just a “symptom” of your misaligned pelvis. Just because the baby turns vertex does not mean the cause (pelvic imbalance) is completely corrected. Ongoing chiropractic care throughout pregnancy helps to restore balance, not just one adjustment!

My recommendation is to get under specific chiropractic care as soon as possible.
Hello!

Just wondering if you provide these perinatal workshops for lay midwives, as well as those who have chiropractic practices. I know many of my colleagues who would be very interested in learning the Webster technique to enhance the care of their clients.

Thank you.
CMC

Chiropractic care provides specific adjustments to enhance normal body function. Midwifery offers prenatal and birth care specific to their scope of practice as well. Since the Webster technique is a specific chiropractic adjustment, NOT a breech-turning technique, it would be out of the scope of practice for midwives to perform it. Additionally, because the Webster technique is a specific chiropractic analysis and adjustment, the science and art of adjusting cannot possibly be taught in one course.

I often also speak to midwifery/doula groups and they do enjoy attending my classes, because of what they learn about birth form a chiropractic standpoint—both physiologically and philosophically. I am a strong midwifery advocate and I know our ICPA doctors are pleased to form alliances with like-minded midwives in their areas. Together we can offer women the best options for safer and more natural births.

I hope this helps clarify!!
Jeanne Ohm, DC
Questions About the Webster Technique

Written by Jeanne Ohm, DC
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