



Margie Brandquist, CNM
Paula Senner, CNM
Khara Keegan, CNM

LOUDOUN COMMUNITY
MIDWIVES

Juliann Lazzaro, CNM
Heather Swartz, CNM
Monica Freidline, CNM

The Webster Technique

The Webster Technique, developed in 1978 by Dr. Larry Webster, founder of the International Chiropractic Pediatric Association, is a specific chiropractic adjustment for the pregnant mother. It has been featured in The Learning Channel's hit series, "A Baby Story," and published in Mothing and Midwifery Today. It is classically used during the seventh through ninth months of pregnancy on mothers whose babies are presenting breech or transverse. Working to correct sacral subluxations, this technique balances pelvic muscles and ligaments in the woman's pelvis, removes constraint and allows the baby to get into the best possible position for birth.

Doctors of Chiropractic have reported a greater than 85% success rate in its ability to balance pelvic structures and remove constraint to the uterus, allowing the baby to turn into the vertex position. For more than 20 years, this chiropractic technique has facilitated easier, safer deliveries for both mother and baby, and many birth care providers who are now referring patients to Doctors of Chiropractic who are trained in *The Webster Technique*. Together they are providing a significant contribution to the important goal of safe, easier deliveries for both mother and baby.