

CHIROPRACTIC & The Webster Method

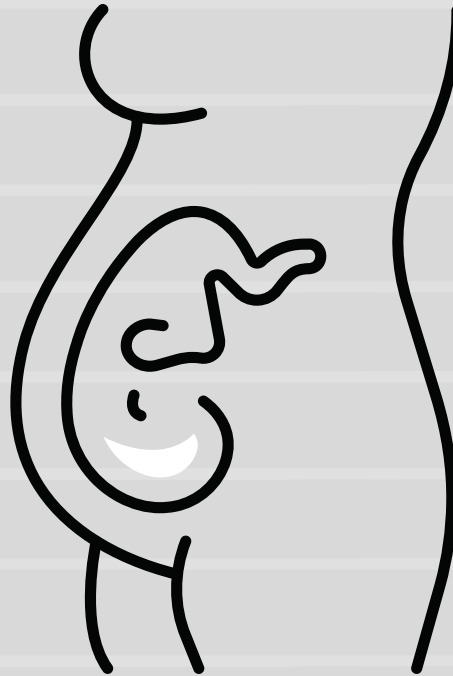
Chiropractic offers specific, non-invasive and therapeutic benefits for expectant mother and baby through all stages of pregnancy and up to birth.

WHAT IS IT?

The Webster Method (or Webster Technique) is a specific Chiropractic analysis and series of diversified adjustments used to relieve the stress of pelvic subluxation and enhance the neuro-biomechanics of mother and baby during pregnancy.

DOES IT HELP?

- **Corrects** sacral subluxation
- **Facilitates** ligament release
- **Repairs** joint misalignment
- **Restores** pelvic muscle competency
- **Relieves Discomfort** in hips, back and pelvis



IS IT SAFE?

The Webster Method is safe for mother and baby at all stages of pregnancy, right up to delivery, provided you have a Chiropractor who has had specialized training and is certified in the Webster Technique. Dr. Abby is specially trained AND Certified in the Webster Method.

DOES IT WORK?

Most women report no pain associated with the adjustments. Occasionally, there may be soreness in the muscles and tendons that have been realigned much as you would after a workout, massage or other body work.

In studies, the overwhelming majority of women who have been treated using the Webster Technique report it as having been "successful."

This Chiropractic method is sometimes incorrectly identified as an obstetrical "breech turning" procedure which is outside the scope of chiropractic intervention.