

Webster's Breech Turning Technique



The Webster Technique is defined as a specific chiropractic analysis and adjustment that reduces interference to the nerve system and facilitates biomechanical balance in pelvic structures, muscles and ligaments. This has been shown to reduce effects of intrauterine constraint, allowing the baby to get into the best possible position for birth.

During pregnancy sacral misalignments can cause tightening and torsion of specific pelvis muscles and ligaments. It is these tense muscles and ligaments and their constraining effect on the uterus that may prevent the baby from comfortably assuming the best possible position for birth.

Gentle and Safe

We have seen many expectant mothers presenting in the breech, as well as transverse and posterior positions. The Webster Technique has been extremely successful in balancing the mother's pelvis and assisting the baby in getting into the most optimal position for birth. The Webster Technique is extremely gentle as well as safe. There are "baby turning" techniques such as External Version which moms report can be quite painful. The Webster Technique is not a "breech turning" technique but rather an analysis and adjustment of the sacrum, thus minimizing intrauterine constraint. Dr Hagemeyer has used this technique to successfully turn many breech babies over the last 10 years.