

## *Study Shows Chiropractic Technique Effective In Breech Turning*

A study published in the July/August 2002 issue of the Journal of Manipulative and Physiological Therapeutics (JMPT) shows that a chiropractic technique known as the "Webster Technique" for managing the musculoskeletal causes of intrauterine constraint, is effective in cases of pregnancy with women experiencing breech presentation which can lead to a cesarean section birth.



According to the published study, "Intrauterine constraint is defined as any force external to the developing fetus that obstructs the normal movement of the fetus." Intrauterine constraint can prevent the developing fetus from moving into the normal head-down position needed for a normal vaginal birth. When this happens this is called a "breech presentation". This situation plays a critical role in how the mother delivers her baby. According to the statistics published in the article, in the United States 86% of all infants with breech presentation are delivered by cesarean section.

According to the JMPT article, the Webster Technique is a chiropractic technique designed to relieve the musculoskeletal causes of intrauterine constraint. This technique is also known by names such as as Webster's In-Utero Constraint Technique or Webster's Breech Turning Technique. The Webster Technique was developed by Dr. Larry Webster in 1978. Dr. Webster was often referred to in the Chiropractic profession as "The Grandfather of Chiropractic Pediatrics." Additionally, the technique is presently taught in many chiropractic colleges and postgraduate chiropractic education seminars.

The study was done by surveying a large number of doctors of chiropractic who use the technique to see the percentage of results they obtain on real patients. The survey required detailed information to verify the accuracy of the responses. The results showed that 82% of the doctors surveyed reported a high rate of success when using the Webster Technique. The results from the study suggested that it may be beneficial to perform the Webster Technique in the 8th month of pregnancy, if it has been determined that the child is in the breech position. This timing is important because from the 8th month on, a breech presentation is unlikely to spontaneously convert to the normal head down position.

The study concludes by saying, "when successful, the Webster Technique avoids the costs and risks of cesarean section or vaginal trial of breech. In view of these findings, the Webster Technique deserves serious consideration in the management of expectant mothers exhibiting adverse fetal presentation."