

Dr. Rebecca: ... in the new year than to interview Dr. Nancy herself. Many of you know that she is the go-to chiropractor when it comes to pregnancy. If you're pregnant, and you have not been to her, you need to get checked. Today we're interviewing her on something called the "Webster technique" that she specializes in. We get a lot of women who are pregnant, maybe they just found out their baby is breech. I know that I myself saw Dr. Nancy throughout my pregnancy. It was critical for me having a natural home birth. My baby flipped at 39 weeks with the Webster technique. Let's find out more about this technique.

Dr. Nancy: Hi.

Dr. Rebecca: Hi, Dr. Nancy.

Dr. Nancy: Hi. It's really different being on this side of the camera, but thank you for doing this.

Dr. Rebecca: Absolutely.

Dr. Nancy: I appreciate it.

Dr. Rebecca: All right. We've got some questions for you here today.

Dr. Nancy: All right.

Dr. Rebecca: First, let's talk about, with the Webster technique, how soon should you see a chiropractor when you're pregnant?

Dr. Nancy: I think you should see a chiropractor actually before you're pregnant. As soon as you find out you're pregnant for sure. Then using the Webster technique, or if you find out your breech, we really, really like to have moms come in before 36 weeks for the best chances. But we will see them all the way up to 40, 42 weeks, whenever, until that baby comes out. But definitely even before you get pregnant, chiropractic throughout your pregnancy is actually a great thing.

Dr. Rebecca: Absolutely. Then what exactly is the Webster technique? Can you explain that for people who have not heard of that before?

Dr. Nancy: Yeah. It's not really a breech turning technique. It's kind of gotten that name, but it's really a form of analysis and an analysis and technique to help balance the bones and the muscles of the pelvis. Can you see my hands?

Dr. Rebecca: Yes.

Dr. Nancy: If the pelvis, ideally, is like this, these are your hip bones here. If there's some torsion in the pelvis, the muscles are going to tighten up on one side. Well, the

baby has to lay around all that. So what we do is an analysis called the "Webster technique", and we look for the imbalance in the pelvis, in the muscles. Then we use our adjusting techniques and our soft tissue techniques to help balance the pelvis back. In doing so, one of the side effects is if the baby is breech, transverse, posterior, then the baby's going to go head down where it needs to be.

Dr. Rebecca: Now, is it just for breech babies?

Dr. Nancy: No. No. It's like I said, it's an analysis. A lot of chiropractors actually will use this for their regular patients, not even pregnancy. It's like I said, it's an analysis, but it's gotten famous over the years for being a breech technique. But it isn't solely for that. But it is very helpful. In our office we use actually more than just the Webster technique. I've been trained in some other myofascial soft tissue techniques to help with a breech baby. I pull out my whole bag of tricks because I know how important it is for a mom to have a head-down baby and a vaginal birth, so we do whatever we can to help that happen.

Dr. Rebecca: Yeah. When you're doing the Webster technique, if you do have a breech baby that you're doing it for, how to actually turn the babies? Do you use your hands?

Dr. Nancy: No. A lot of people even think that when you go to a chiropractor for a breech baby, that they're actually turning the baby with your hands. But we are not doing that. That's not in our scope of practice. We're just aligning. We're doing what chiropractors do. We're aligning the pelvis, and we're getting those muscles to balance out, and just providing a great environment for that baby to lay how nature intended it. Head down, and ready to go. We're not turning babies. Yeah.

Dr. Rebecca: Yeah. Here's a common question that I hear, "Does it hurt when you actually have it done?"

Dr. Nancy: No. It might be a little tender where I'm poking on the muscle. Just like if you would touch a muscle that was tight anyway, that might hurt a little bit. But everything is very gentle. It actually feels good. But no, it doesn't typically hurt. Maybe just the pressure from my fingers. That's it. Yeah.

Dr. Rebecca: Then let's talk about how often do you have to go when you're pregnant, or especially if you know that you're a breech?

Dr. Nancy: If I do have a mom that comes in that's breech, we see them probably every other day until that baby is in the right position, or until the pelvis is balanced. Sometimes the pelvis will get balanced, and the baby's still in the wrong position. Then we just let time take over, and hope that baby goes head down. But initially we see them quite often just to get everything in the right alignment

and balanced. Then once the baby's in the right position, it could be once a week. It just depends. Everybody's different on how we treat them here.

Dr. Rebecca: Then let's say that they're doing the Webster technique. What else do you recommend that moms can do at home to help with their pregnancy for positioning?

Dr. Nancy: There's two things I like. Oh, I forgot one of them. Oh, I can't believe it. One of them is Spinning Babies. I think it's called the "Miles Circuit". Does that sound right to you?

Dr. Rebecca: It does sound familiar. Yeah.

Dr. Nancy: I had a brain fart here for a second. But the Spinning Babies has been around the longest. It's been really cool through my years of working on pregnant women to see Spinning Babies actually grow over the years. I mean the website was really raw, to now they have this very fancy website, and a lot of information. But Spinning Babies is a very good resource. In fact, one of the videos on the website where they do the wall unwinding, the lady who does that wall unwinding is actually one of my instructors that taught me when I was going through the pediatric diplomate program. I use a lot of her techniques too. It's the Miles Circuit I believe is the other one.

Dr. Rebecca: Yeah. Last question here, is there anything else that you do besides the Webster for breech babies?

Dr. Nancy: Yeah. Like I was saying earlier, I really pull out my bag of tricks, and work a lot with the muscles around the pelvis in the front of the abdomen, the hip flexors, the Psoas muscle. I do everything I can. A lot of fascial releases to the muscles. Then the home exercises are definitely key for helping with the Webster for the breech babies.

Dr. Rebecca: Great. Any other questions for Dr. Nancy while we have her live on the air? Type them in. Also, I wanted to mention that we have, on March 20th we have a special guest coming, Dr. Gail Tully from the founder of Spinning Babies. Next week we have Dr. Rachel Bennett. She is a local naturopath doctor from Bastyr. Did I say that right, Bastyr?

Dr. Nancy: Bastyr University. Yup.

Dr. Rebecca: [crosstalk 00:07:57], and she'll be talking about stress management. Feel free to join us those times around 12:30 on Wednesdays. I don't see any other questions, so thank you so much, Dr. Nancy.

Dr. Nancy: Well, thank you.

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Dr. Rebecca: It was great to hear from you today.

Dr. Nancy: Yeah. Thanks for doing this, Dr. Rebecca.

Dr. Rebecca: You're welcome. My pleasure.