

Chiropractic procedure corrects breeched birth

By DR. CHRISTOPHER CIANCI

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She was 32 years old and deep into her third pregnancy. The births of the two other children, then ages 3 and 5, had been achieved with induced labor. She had hoped that this birth, the third time around, would be less troublesome.

Then she learned that the fetus in her womb was a girl but she was breeched. She sought the help and counsel of her physician. She had an external ob-gyn maneuver performed in an effort to get the baby daughter into position. It didn't work. Desperate and wanting to avoid a C-section, slated for eight days hence, she did some research on the Internet which led her to Easton chiropractor Dr. Christopher Cianci.

Dr. Cianci has been practicing in Easton since 1991 and has received advanced training and certification in pediatric care and in spinal adjustment known as the Webster Technique.

On a day in July, 2010, she appeared at Dr. Cianci's Chiropractic Center. Three days later, after three successive adjustments, one each day, she went home to prepare for the birth of her new baby.

The little girl in her womb was now ready. She was no longer breeched.

Post-partum report: The birth was natural. Mother and daughter doing just fine.

Happy ending? Of course.

But in her last-minute bid to shield both herself and her yet- to-be born infant from the very real dangers of breeched birth, she sent an urgent message to all mothers-to-be: Consider, proactively, chiropractic care both during and after pregnancy.

The official definition of the Webster Technique, as taught by the International Chiropractic Pediatric Association Certification program, is: "The Webster Technique is a specific chiropractic analysis and adjustment that reduces interference to the nerve system and balances maternal pelvic muscles and ligaments. This in turn reduces torsion in the uterus, a cause of intra-uterine constraint of the baby and allows for optimal fetal positioning in preparation for birth."

Sacral misalignment causes the tightening and torsion of specific pelvic muscles and ligaments. It is these tense muscles and ligaments and their constraining effect on the uterus which prevent the baby from comfortably assuming the best possible position for birth.

The late Dr. Larry Webster (1937-1997), founder of the International Chiropractic Pediatric Association, discovered this technique as a safe means to restore proper pelvic balance and function for pregnant mothers.

It is strongly recommended by the ICPA instructors of this technique, including Dr. Cianci, that this specific analysis and adjustment of the sacrum be used throughout pregnancy, to detect imbalance and optimize pelvic biomechanics in preparation for safer, easier births.

Noting that the young mother who sought his care had a history of low back pain, Dr. Cianci stressed that her 11th hour search for a breech correction should have started months earlier.

Many mothers-to-be, he said, don't realize how beneficial chiropractic care can be... before, during and after pregnancy, and, he stressed, "not for just back pain but as a proactive approach for a healthy delivery.

Pregnancy and delivery are natural processes and all natural processes proceed better when the mother's nervous system, which originates in the spinal cord, is functioning properly, he explained.

"Many years ago, in our 'hunter-gatherer days,' when day-to-day existence required bending, lifting, squatting, walking long distances and the like, women – and men for that matter –were in better physical shape," Dr. Cianci continued. "There is very little, if any, of that in today's lifestyle and it has set women up for potential birth problems."

Stressing that the Webster Technique is gentle and safe for the baby and is extraordinarily effective, Dr. Cianci noted that although chiropractic care can be started safely at any point in the pregnancy, the best approach by far is to undertake that care as early as possible in the process.

Dr. Cianci said that during his earlier training in North Carolina, he regularly received referrals from ob-gyn physicians in the community to see their pregnant patients.

"There is a need, I sincerely believe," he said, "to educate doctors in our communities about the benefits of chiropractic care for their pregnant mothers-to-be."

The whole pregnancy process obviously leads to concern and sometimes a bit of panic. "Women tend to put blinders on," Dr. Cianci said. "They and their families often are unfamiliar with chiropractic care and are naturally cautious about what aid it can offer."

Dr. Cianci recommends consultations with pregnant women and their spouses prior to beginning any part of the evaluation process, "so everyone involved can get their questions answered and their concerns resolved.

"Chiropractic patients repeatedly comment on how they feel that their recovery process post partum or after delivery is so much quicker ... which is huge if you have a newborn around and perhaps an older sibling or two," Dr. Cianci said.

“It’s an incredibly important event in the life of a family,” he concluded, “and it deserves a careful and well-conceived approach worthy of that importance.”