

# Prenatal Chiropractic and Breech

Throughout pregnancy, expecting mothers are monitored continuously to ensure optimal safety and health for both mom and baby. If there are any potential issues, medical professionals like to know ahead of time so that action can be taken, or they can prepare the best that they can accordingly. With that, activities that are minimally-invasive are preferred as the whole goal is to alleviate any potential risks.

Breech presentation, when baby is not in the proper head-down position, can increase risks during pregnancy and in the actual birth process. So, is there anything that can be done to help the baby get into a more optimal position rather than breech without putting mom or baby at further risk?

In short, – yes! Chiropractic care has been proven to be safe for pregnant mothers and their baby and has demonstrated numerous women who have been able to see their baby's breech presentation resolve into vertex presentation thanks to the help of chiropractic care. A case study of a 28-year-old mother expecting her first child was recently published. At 33 weeks of pregnancy, she was experiencing hip pain, and baby was in a breech position. She sought her chiropractor who found subluxation, or misalignments of the spine that were causing an imbalance in her body and nervous system. She was adjusted to remove subluxation to allow her body to function optimally. After just seven visits, her hip pain decreased! Her baby had also flipped from breech presentation to vertex presentation – which was confirmed by her ultrasound! She continued chiropractic care up until delivery, where she delivered a healthy baby!

When it comes to our life and the lives of our babies, it's essential to ensure that our body is best equipped for delivery as possible. The female body was designed with the process of pregnancy and giving birth in mind, but that doesn't mean it can't benefit from assistance in ensuring everything is balanced and functioning optimally. When the body is best prepared for birth, there is a decrease in risks, and we are better able to ensure a healthy, safe delivery for both mom and baby!

Stone-McCoy, P., DC, DACCP, & White, B., DC. (2020). Resolution of Breech Presentation Confirmed by Ultrasound & Successful Vaginal Birth Following Webster Technique in a Pregnant Female: A Case Study & Review of Literature. J. Pediatric, Maternal & Family Health, 12-17.



**Prenatal  
chiropractic care  
helps to ensure  
that mom's body is  
in the best  
position possible  
for a healthy  
birth!**



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