

At 28 years old, I was experiencing my first pregnancy. Not wanting any medical intervention with the pregnancy or the delivery, we chose midwifery, chiropractic, nutrition, and other natural sources for the healthcare for myself and our unborn child. Overall, the pregnancy was fabulous and noncomplicated, and I was progressing fine.

However, at an appointment at 32 weeks gestation, my midwife explained that the baby was “turned”. The baby was not breech (upside down), but had repositioned itself so that its nose was facing forward, or “anterior”, towards my belly button instead of my spine. Although not too troublesome at this point, if the baby stayed in this position, it would increase the possibility of long painful “Back labor” for me during delivery, and possibly increase the stress level of the baby during delivery. Neither possibility was something I wanted to entertain if I did not have to. Having been a chiropractic patient for some time, I went to see my chiropractor. She performed a special adjustment, called Webster In Utero Constraint Technique, during that visit. The idea as it was explained to me, was to allow the uterus to relax, to give the baby room to turn itself back to the normal position nature intended. When I went for my next prenatal appointment the baby had returned to the normal nose “posterior” (facing backward toward my spine) position. We were thrilled.

The baby stayed in this proper position until week 36. Again, the midwife said the baby had turned anterior. I went to my chiropractor the same day, and again received a Webster technique adjustment, waiting and hoping the baby would turn. Late that evening, I actually felt the baby turn. It was more that the normal, kicking and baby movements at this gestational stage. Though not painful, I was definitely more “aware” that something big was happening. At an appointment two days later, the midwife again confirmed that the baby was nose back. Hooray! Now if the baby would only stay.

Week 37, baby remained nose posterior. However, week 38, again showed the baby nose forward. OK, I thought, if this baby has turned twice, surely it can turn again, but I did not want to keep going through this, and getting close to delivery the thought of “back labor” did not impress me. So, again, on the same day of my week 38 appointment with the midwife, we went to the chiropractor, received a Webster adjustment, and waited. This time it was late on the day after the adjustment that I felt the baby turn with the same “intensity” that I had felt the previous time. The midwife confirmed the next day that the baby had once again turned.

Week 39 appointment, baby fine. Week 40 appointment and due date, baby fine. At this point we were just waiting for the baby to arrive. A full week after my “Due date”, I woke to mild spotting, though I had walked a lot the day prior. My midwife suggested I come in for a check. We went. She said it’s a great day to have a baby, and baby and I were both fine, go home and call when I went into labor. My husband and I were thrilled, though I did not feel like today was any different from any other in the last week. To make a long story a little shorter, I went on with my normal day. At about 5 pm that evening my midwife called to see how we were. Fine, I said, only mild contractions, about 10 min apart. Great she would be over shortly to check on us again. We were going to deliver at home. When my midwife arrived at 7pm the contractions were about 5

minutes apart , but I was in no distress, still being active. Shortly after she arrived, my water broke, I dilated to 5 cm, and the contractions were now coming fast and furious. I went into a labor pool, to minimize the effect of the labor pains and contractions, and while there, my chiropractor, in attendance, adjusted me to make sure that my body was doing the very best it could during this time. I went from 5 cm to 10 cm, in about an hour and soon thereafter got out of the pool to start pushing.

Our beautiful daughter arrived at 9:05 pm, gently birthed into a world of love without intervention. I had a 2 hour labor, no back labor, no tearing or episiotomy, surrounded by support and family. The baby almost delivered herself with no pulling on her tiny neck, 7 lb.10oz., 21 inches. A “blue ribbon” baby as my husband loves to say. She had her first chiropractic check when she was 35 minutes old to make sure that her little body was given the best chance to function fully and to start life out on the right foot for health and wellness.

I am thankful for chiropractic care, the Webster Technique, and my midwife. They made my pregnancy and delivery experiences very positive. They also blessed us with a wonderful gift.