Chiropractic in Childbirth Education Chiropractic for Life – Sarah Clark Pathways #41, page 50



Talking Points

- Sarah Clark offers the benefits of chiropractic during pregnancy and child-birth from the perspective of a birth educator. She shares the personal experiences of various women who utilized chiropractic care (especially the Webster Technique) during their pregnancies and during child birth itself.
- If you are a chiropractor (which most facilitators are), this article should be required reading for any of your pregnant patients. You might also want to share it with any OB or midwife practices in your area!
- Treatment by a chiropractor while pregnant and/or during labor can help properly position the baby and the mother's body for birth. Sarah Clark explains how the positioning of the baby can affect the birth outcome. "Sometimes, all the education, preparation and exercising in the world will not ensure a properly positioned baby if the mother is not receiving good chiropractic care. Chiropractic is often the missing link when it comes to a natural birth preparation."
- This article is full of testimonials from women who received chiropractic care while pregnant, and found a multitude of benefits to themselves, their birth, and their babies.
- Chiropractic care can help women have more enjoyable, healthy pregnancies. "A pregnant woman who is in excruciating pain or overwhelmed with fear regarding her body's ability to functions is not just experiencing physical symptoms: she is experiencing emotional stress as well." Chiropractic care helps eliminate pain, and help the labor to proceed normally.
- "Regular chiropractic care should be an integral part of maternity care for every pregnant woman to improve both physical and emotional health."
- It can, for some women, also mean the difference between a vaginal and a surgical birth. One woman tells her story in this article of how chiropractic made her VBAC (after 2 C-sections) a reality.
- Birth Boot Camp founder and president, Donna Ryan, shares this powerful explanation on why she includes chiropractic care in her 10 week birth education courses, "I have seen, literally,

dozens of women helped by Webster-certified chiropractors during their pregnancies and labors... My couples are having more comfortable pregnancies, babies in better positions, and good birth experiences."

Sarah Clark sees chiropractic as an essential part of pregnancy and the birthing process, "Those who care for birthing woman don't just want them to survive the birthing process. We want women and families to have a healthy and enjoyable pregnancy. We want these familes to have a glorious and triumphant birth. We want birth to be experienced as it is meant to be: full of joy and power. Chiropractic is an essential part of not just birth, but childbirth education, and it has the ability to change birth as we know it."

Resources

The website for Pathways to Family Wellness allows you to search by key word. An extensive list of articles on the Webster Technique can be found at http://pathwaystofamilywellness.org/Search/newest-first.html?searchphrase=exact&searchword=webster

A cool birth education site that includes chiropractic in every 10 week session http://birthbootcamp.com/

An excellent new case study on the use of chiropractic for breech presentation and placenta previa: John Edwards and Joel Alcantara. "Successful Clinical Outcomes Confirmed via Ultrasound in a Patient with Placenta Previa and Breech Fetal Presentation with Chiropractic Care." *Journal of Pediatric, Maternal and Family Health - Chiropractic*. Vol 2014, Issue 1. 3-9 <u>http://chiropracticpediatrics.sharepoint.com/Pages/2014_1295_placentaprevia.aspx</u>