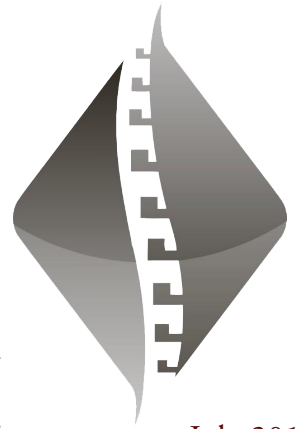


# VANDAM CHIROPRACTIC



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## WHAT IS THE WEBSTER TECHNIQUE?

*“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.”*

Chiropractic care benefits all aspects of your body’s ability to be healthy. This is accomplished by working with the nervous system—the communication



system between your brain and body. Doctors of Chiropractic work to correct spinal, pelvic and cranial misalignments (subluxations). When misaligned, these structures create an imbalance in surrounding muscles and ligaments. Additionally, the resulting nerve system stress may affect the body’s ability to function optimally.

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

Webster Technique reduces interference to the nerve system and facilitates biomechanical balance in pelvic structures, muscles and ligaments. This has been shown to reduce the effects of intrauterine constraint, allowing the baby to get into the best possible position for birth.

The Webster Technique is a safe means to restore proper pelvic balance and function for pregnant mothers. In expectant mothers presenting breech, there has been a high reported success rate of the baby turning to the normal vertex position once the interference has been removed. The Webster Technique has been successfully used in women whose babies present transverse and posterior as well. It has also successfully used with twins. Any position of the baby other than ROA may indicate the presence of sacral subluxation and therefore intrauterine constraint. At no time should this technique be interpreted as an obstetric, “breech turning” technique.

It is strongly recommended by Dr. Van Dam that this specific analysis and adjustment of the sacrum and pelvis be used throughout pregnancy, to detect imbalance and optimize pelvic biomechanics in preparation for safer, easier births. Because of the effect the chiropractic adjustment has on all body functions by reducing nerve system stress, pregnant mothers should have their spines checked regularly throughout pregnancy, optimizing health benefits for both the mother and baby. (1)

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## CHIROPRACTIC Q AND A

**Q: Will I feel better immediately after chiropractic care?**

A: While we want everyone to feel wonderful after chiropractic care, and most do, we must be prepared for retracing. What is that? It's the return or emergence of old pains or other symptoms as one heals. It might seem odd but the adage "sometimes you feel worse before you get better" is often true.



## CHIROPRACTIC AND PMS

Women who suffer from premenstrual syndrome (PMS) shortly before their periods tend to experience some or even all of the following: mood swings, distended abdomen, headaches, back pain, food cravings, fatigue, irritability and depression. The severity of these symptoms varies greatly, from mildly inconvenienced to grab-an-AK-47, and they may last anything from a couple of days to two weeks.

It is thought that three-quarters of menstruating women experience some degree of PMS, and it is women in their late 20s to early 40s who are likely to suffer most. 10 to 20% of sufferers will experience symptoms they find severe or even disabling.

The cause of PMS is naturally assumed to be the hormonal changes that take place during the monthly menstrual cycle, which can then be exacerbated by stress, a lack of serotonin in the brain, and subluxations in the low back.



Chiropractic care cannot remedy the hormonal changes that precede menstruation, but certain studies have shown that it can help to reduce many of the symptoms of PMS, with

the added benefit of your avoiding prescription drugs. This is because the tissues in the lower abdomen

are regulated by the nerves that exit the lower spine, therefore chiropractic care to alleviate any unnecessary pressure or irritation on these can help make a positive difference.(2)

## HUMOR

- o Would a fly without wings be called a walk?
- o Why do they lock gas station bathrooms? Are they afraid someone will clean them?
- o If a turtle doesn't have a shell, is he homeless or naked?
- o Why don't sheep shrink when it rains?
- o Can vegetarians eat animal crackers?
- o If the police arrest a mime, do they tell him he has the right to remain silent?
- o How do they get the deer to cross at that yellow road sign?



**Van Dam Chiropractic would like to thank our patients for their many referrals of friends and family to our office.**

**As a special thank-you, if you refer someone to Van Dam Chiropractic and they put down your name as the referral Dr. Van Dam will send out a \$10 GIFT CARD TO STARBUCKS**

**We know there are a lot of choices of doctors for your healthcare and we thank-you for choosing us.**



## RESEARCH AND CHIROPRACTIC

THERE SEEMS TO BE NO END TO THE CONDITIONS THAT RESPOND TO CHIROPRACTIC CARE – PHYSICAL AS WELL AS PSYCHOLOGICAL CONDITIONS.



THAT IS BECAUSE CHIROPRACTIC DOES NOT “TREAT” A PARTICULAR CONDITION. CHIROPRACTIC CARE “TREATS” OR MORE ACCURATELY “CORRECTS” A SERIOUS INTERFERENCE TO BRAIN, NERVOUS SYSTEM AND ENERGY FUNCTION KNOWN AS THE SUBLUXATION.

NO MATTER WHAT CONDITION YOU OR A LOVED ONE MAY HAVE, YOU WILL ALWAYS FUNCTION BETTER WHEN FREE FROM SUBLUXATIONS. CHIROPRACTORS ARE UNIQUELY TRAINED TO LOCATE AND CORRECT SUBLUXATIONS. ENJOY THIS MONTH’S CASES AND SEE MORE NEXT MONTH.

**Scoliosis reduction in a 7-year-old boy after chiropractic care.** A 7-year-old boy was brought in by his parents because of a recent diagnosis of scoliosis. His mother was worried about the diagnosis especially since the orthopedic surgeon told her that he should wear a brace because the curve was worsening: the angle of his scoliosis (Cobb angle) was measured at 25°. The mother decided to seek an alternative approach. The child had no pain or other complaints.

Chiropractic examination revealed subluxations in the cervical and thoracic spine as well as in the sacrum. The child was seen three times a week for a total of 16 visits.

After the adjustments, he was X-rayed again. His scoliosis (Cobb angle) decreased over 50%, from 25° to 11°. In addition, his high left shoulder was level and the muscle tone in his mid-back was more relaxed (less hypertonicity). The child continues to receive weekly chiropractic visits and future improvements are expected. (3)

**Post neck fusion adjustment.** This is the case report of a 43-year-old woman suffering from neck and mid-back pain and stiffness, migraines, shoulder pain, low energy and decreased performance of activities of daily living. She had undergone a surgical fusion of her neck (cervical spine) to help her symptoms, but after the surgery her symptoms remained.

The woman received chiropractic care 36 times over 3 months and follow up X-rays showed improvement

in neck curve and posture. Her head was sitting atop her spine in a more balanced position.

She reported improvements in neck and mid-back pain/stiffness, shoulder pain, energy levels, performance of activities of daily living, and frequency, duration, and severity of migraine episodes. (4)

**Parkinson’s and chiropractic care.** Parkinson’s is the second most common neurodegenerative disease after Alzheimer’s. Neurodegenerative diseases are increasingly a source of suffering and death. Can chiropractic help?

This is the case of a 76-year-old man with Parkinson’s disease. He came to the office with right-sided tremors, memory loss, balance issues, constant leg pain, occasional poor circulation, and decreased muscular strength. He needed to use a walker. He had been diagnosed with Parkinson’s disease by his neurologist in 2010 and was taking 10 doses of leva-dopa a day.

A chiropractic analysis revealed the patient to have many postural distortions in addition to an upper cervical (C-1) subluxation that was affecting his brain stem.

After the first adjustment, the patient no longer needed a walker and his tremors decreased.

He continues care and his tremors and other Parkinson’s symptoms continue to lessen. His neurologist decreased his medication by 50%. He remains under care. (5)

## REFERENCES

1. <http://vandamchiropractic.com/services/webster-technique/>
2. <http://vandamchiropractic.com/we-can-help/pms/>
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