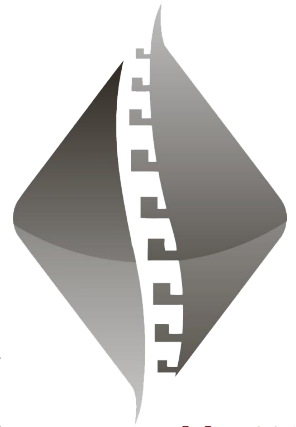


# VANDAM CHIROPRACTIC



Dr. *Scott A.* VAN DAM

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1203 28th St. S - Fargo, ND 58103 - 701.532.5320 - vandamchiropractic.com

## PREGNANCY & NEWBORN CHIROPRACTIC TREATMENT

### HEALTHY BEGINNINGS

#### **Intrauterine Constraint**

What is intrauterine constraint? Intrauterine constraint is defined as any forces external to the developing fetus that obstructs the normal movement of the fetus. Intrauterine constraint can prevent the developing fetus from attaining a head down vertex position and achieving a vaginal birth, resulting in cesarean section delivery.

#### **Webster Technique**

The official definition of the Webster Technique as taught by the ICPA Certification program is as follows: □  
“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

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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)

## CHIROPRACTIC Q & A:

### Question:

**Is your head on straight?**

### Answer:

Having “brain fog?” Is your mood not the greatest at times; is your energy off?

Perhaps your head is not on straight!

If your head is even a tiny bit unbalanced, your energy is diverted. We find this especially in people who have “Dowager’s Hump.” Their head is thrown a little bit forward and their energy is drained. They often have back pain because their forward head posture puts pressure on their lower back.

## HOW CAN YOU TELL IF YOUR CHILD HAS A SUBLUXATION?

There are many simple things that can tell you. Let us count the ways....

- Does one foot turn out or turn in when she walks?
- Does he have trouble concentrating?
- When she is laying face up (supine) does one leg appear longer than the other?
- Is one shoulder higher than the other?
- Does one arm appear longer than the other when touching palms together and placing hands in front of the body?
- Is he fidgety? Clumsy? Unable to stay still?

- When she stands on one foot for a few seconds, then switches her feet, does she have trouble balancing?

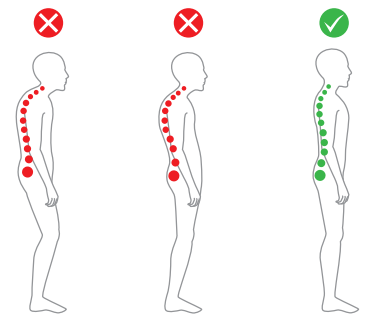
But there’s much more to consider too; children exhibiting any neurological or immunological condition need to be checked by a chiropractor for subluxations (and adjusted if any are found). Subluxations relate to allergies, asthma, ASD, ADD, poor immune function, headaches, even cancer (see below), colds, heart conditions, eye/vision problems, ear/hearing problems, digestive problems, poor energy, and much, much more. Got it? Your children get their eyes, teeth, etc. checked – how about their spines? All children need to be checked for subluxations. Bring in the whole family.



## THE CROWN JEWEL

The human body is the crown jewel of God’s creations, crafted in His image. It is a masterpiece of perfection that operates without flaw when given the proper environment to be healthy. There are no “accidents” in structure or function. Every survival process (symptom) has a specific reason for occurring, even cancer. If the body can create it, the body can heal it.

The goal of chiropractic is to enhance your body’s natural healing ability. For that reason, every person needs chiropractic care.



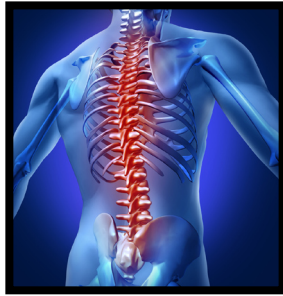
**Van Dam Chiropractic would like to thank our patients for their many referrals of friends and family to our office.**

**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.

**Bedwetting and ear infections.** A 12-year-old girl had years of bedwetting and recurring ear infections (otitis media). Five sets of tubes (tympanostomy) were placed in her ears with no benefit.

Her chiropractic examination revealed subluxations of the upper neck (C2, C4), mid back (T5-8), hips and sacrum.

After two chiropractic adjustments, she woke to use the restroom during the night, which was unusual. After 1½ months and nine adjustments her bedwetting was less frequent. Additionally, she hadn't had an episode of ear infections in the 1½ years she had been under care. (2)



**Lower back pain after delivery.** A 33-year-old woman presented for chiropractic consultation and care with chronic low back pain. The pain began after a pregnancy approximately three years prior, after she had a C-section.

X-ray analysis showed subluxation/displacement of her pelvis (sacrum). She had two chiropractic care visits. After the first sacral adjustment the



next X-ray revealed a 72% correction of the sacral subluxation and she had complete relief of her symptoms. (3)

**Hypothyroidism.** A 49-year-old man with neck, back and shoulder pain began chiropractic care. Three years earlier his MD diagnosed him with hypothyroidism and prescribed Synthroid®.

His spine was analyzed and adjusted using chiropractic techniques and although there were no changes in his lifestyle, diet or exercise levels his blood tests revealed his thyroid TSH blood levels returned to normal range. His need for synthetic thyroid hormone decreased. His cervical curve additionally improved and his neck, back and shoulder pain resolved. (4)



## REFERENCES

1. <http://vandamchiropractic.com/services/webster-technique/>
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