

## **Turning Another Breech Baby**

**July, 2020**

**By Dr. Derek Conte**

In late January of 2019, a young woman of 21 entered the office with her boyfriend seeking help for various aches and pains of the back and neck. They told me they planned to marry. Her history also revealed headaches, dysmenorrhea, ovarian cysts, skipped cycles, constipation and anxiety. It was significant that these complaints pointed to an area of her spine that was not painful but strongly involved the reproductive system and stress levels. After the first sacral adjustment her constipation was resolved. She had 8 visits over the next five months resolving not only the neck and back pain, but the other issues as well.

The next time I saw her was in early March of 2020 when she announced she was 28 weeks pregnant, probably having conceived in August of 2019, shortly after her first set of adjustments. She was working with a midwife who advised her to continue her chiropractic care to stem the discomfort of late pregnancy and ease the delivery (This is a little-known benefit of chiropractic: labor time is significantly reduced. We can adjust a patient up until the delivery of the baby). I advised adjustments once a month through the ninth month.

In her 36th week she reported the baby was in Breech position, based on an ultrasound, and asked if I could turn the baby. I said we would certainly try. We employed Webster's Breech Technique. The technique involves correcting any sacral subluxation and then releasing one of the two 'Round Ligaments' that stabilize the uterus (womb) in which the baby is carried. This is done very gently in the supine position, causing no pain whatsoever. The round ligament is located low on the abdomen. The side selected is based on a brief exam. Then, light pressure is applied to the ligament and sustained with the doctor's thumb, gently stretching the ligament until it releases. The recommended protocol is to repeat this technique three times a week for two or three weeks until the baby turns. Webster's technique has an extremely high success rate.

This time, the technique worked on the very first try in less than two minutes. The release of the ligament could be felt as well as baby scrambling to a new position. She felt her tummy was "less wide" and was now "carrying lower". This was confirmed by two subsequent ultrasounds. Two weeks later she said she began having contractions without dilation and "felt wide again" with "pressure and pain in her left hip". She was now in her 38th week of pregnancy and, since the baby was large and well-developed, they planned to induce the birth in the 39th week. We repeated Webster's Technique the next day. This time the 'round ligament' released in about 30 seconds and the baby again scrambled to the "head-down, anterior" position. She could feel baby's spine against her tummy... the most advantageous position for delivery and reducing complications along with the shortest labor time.

After being induced, she dilated and, when the baby's head dropped, it took only five 'pushes' and five minutes to bring the perfect 8lb, 3oz baby boy into the world!

Dr. Derek Conte is co-founder of Chiropractic Specialists at 1154 Concord Road in Smyrna. For questions, call: 404-784-6008. For more articles, info, photos, go to: [drderekconte.com](http://drderekconte.com)