

## *Gentle Chiropractic care throughout pregnancy can help with:*

- Sciatica
- Low Back Pain
- Piriformis Syndrome
- Sacroiliac Joint dysfunction
- Mid back and Rib pain
- Hip, Knee and Ankle pain
- Carpal Tunnel Syndrome
- Postural Distortions
- Headaches
- Neck pain



When I was pregnant with my first child, I suffered from low back pain, swelling of my legs, and fatigue. My baby even presented with her head tilted to one side, which caused a great amount of pain during labor and birth. When I became pregnant with my second child I was fortunate enough to meet Dr. Irum early in my pregnancy. With regular chiropractic adjustments, I was able to avoid the low back pain and other symptoms previously felt.

*“ I truly believe that the Webster technique helped...”*

In the last few weeks, my second child was face up, so I developed significant pain in my pelvis and tailbone area. I was concerned because most women who carry a baby in this presentation report long, painful labors with back pain and an inability to deliver vaginally. I truly believe that the Webster technique helped prepare my pelvis. I am proud to report that I labored for only 3 1/2 hours, with minimal back labor, and had an intervention free vaginal delivery.

Now, with my third child, I am again suffering from pubic discomfort and sciatica. Dr. Irum has helped to keep me comfortable with regular adjustments. Again, I look forward to a wonderful birthing experience.

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## *High Point* CHIROPRACTIC WELLNESS



*Webster  
Pregnancy  
Technique*

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