



At High Point Chiropractic Wellness, we offer gentle Chiropractic care in a relaxed and comfortable environment. Every patient is welcomed warmly by our staff and we work to make sure your specific concerns and needs are met throughout your care. Dr. Irum is certified to work with pregnant women throughout the entire pregnancy, including pre and post natal care. She is one of the few Doctors within Central New York certified in the Webster technique.



Webster Technique

The Webster technique is a specific method of evaluation and treatment used by Doctors of Chiropractic certified in the technique for pregnant women. This safe and effective technique can be used when a baby is in the breech positioning in an effort to help turn the baby to the optimal vertex position for birth. The Webster technique restores pelvic neuro-biomechanics by primarily evaluating for sacral misalignment that may in turn cause the tightening and torsion of specific pelvic muscles and ligaments. It is these tense muscles and ligaments and their aberrant effect on the uterus which may prevent the baby from comfortably assuming the best possible position for birth. Using gentle Chiropractic care along with the Webster technique in releasing the joints, muscles and ligaments frequently facilitates optimal fetal positioning into the vertex position. The Webster technique can also allow for an easier and safer labor and delivery. There are cases published in the chiropractic literature that demonstrate the efficacy of the Webster technique.

The Journal of Manipulative and Physiological Therapeutics reported in the July/August 2002 issue an 82% success rate of babies turning vertex when doctors of chiropractic used the Webster Technique.

Journal of Pediatric, Maternal & Family Health (2010/Issue 1) published a case study demonstrating the resolution of breech presentation utilizing Chiropractic care along with the Webster technique in the cases of three pregnant women.

84% of patients receiving spinal manipulative therapy reported relief of back pain during pregnancy. There was significantly less likelihood of back labor during delivery when spinal manipulative therapy was administered during pregnancy. J Manipulative Physiol Ther. 1991 (Feb); 14 (2): 116-118

