



Date: _____

Here at Northcote Chiropractic our Doctors of Chiropractic practice a technique known as the 'Webster Technique' with our pregnant patients.

The Webster Technique, discovered by Dr. Larry Webster - founder of the International Chiropractic Pediatric Association (ICPA) - in 1978, is a specific chiropractic adjustment to eliminate sacral misalignment and improve nervous system function.

He developed it as a specific sacral adjustment for pregnant women to help balance pelvic muscles and ligaments and potentially improve birth outcomes.

More information can be found online here:

<http://icpa4kids.org/Chiropractic-Research/webster-technique-defined.html>

Your Chiropractor will also explain more about the 'Webster Technique'.

Please fill in the below form to help us further understand your pregnancy:

Is this your first pregnancy? No. Yes. If No please list other pregnancies _____

Due Date _____ How many weeks pregnant? _____

Has it been a healthy pregnancy? No. Yes. If No why? _____

| | |
|--|--------------------------|
| Blood pressure: <input type="checkbox"/> H <input type="checkbox"/> N <input type="checkbox"/> L | Last Mw / Dr / Ob visit: |
| Date BP last taken: | Any advice given? |
| Date of last scan: | |
| Scan result? | |

Is Baby in optimal head down position? No. Yes. Not applicable at this time

If No what position is Baby in? _____

Have you miscarried before? No. Yes.

What is your birth Plan? (Please tick) Natural Birth (hospital) Natural Birth (homebirth) Planned C-Section Unsure

Thank you for completing this form along with the Chiropractic New Patient Form.

Please ensure you have already signed the Chiropractic New Patient form, as we need your consent in order to continue with your consultation and examination.