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: □H □N □L

Date BP last taken:

Date of last scan:

Scan result?

Last Mw / Dr / Ob visit:

Any advice given?

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.