Chiropractic Care of a Pregnant Patient with Breech Baby

The purpose of this study was to determine the effectiveness of chiropractic care for pregnancy with a baby presenting breech.

The percentage of pregnant women who utilize complementary and alternative medicine (CAM) range from 1% to 87%. Chiropractic care is the most popular for pregnant women because of the patient-centered care and success in addressing complaints of the neuro-musculoskeletal system.

The current study presents a case report narrative of a 37-year-old-woman who sought chiropractic care at 35 weeks of gestation with her second child/pregnancy. The patient’s primary complaint was right hip and pelvic pain related to her pregnancy. Additionally, the patient had an ultrasound the week prior which showed her baby was in the frank breech position (baby’s buttocks are aimed at the birth canal with legs sticking straight up in front of his body).

With her first child, her baby was born at 37 weeks of gestation in 2012. While in labor, her OB/GYN ruptured her membranes. Contractions were induced by pitocin and an epidural was administered. The patient’s first child was born vaginally and posterior (head first with head facing up). The patient described how her baby had significant bruising on its head from the birth.

During her chiropractic examination, the doctor assessed that the patient’s right hip was misaligned and muscle tenderness was evident around the right joint below her sacrum. The doctor of chiropractic cared for the patient utilizing the Webster Technique (specific chiropractic adjustment that establishes neuro-biochemical balance and function in the pelvis providing a more optimal environment for a natural birth).

Due to the growing fetus, the doctor of chiropractic used pregnancy pillows to accommodate the mother and baby. A drop table adjustment (piece of the table gently drops to help in removing misalignment) was also used to care for the sacral misalignment.

The patient continued receiving chiropractic care as described previously over her next three visits which spanned over five days. According to the patient, she felt that her baby had changed positions after the first visit, specifically, she said, “Baby was sitting in the pelvis and was moving differently.”

The patient had a vaginal birth with no medical interventions and the baby delivered in the anterior, vertex position (the most optimal head down position for a natural birth).
Establishing and Advancing the Chiropractic Family Wellness Lifestyle