

# ***PERSONAL INFORMATION***

Patient Name \_\_\_\_\_ Date \_\_\_\_\_  
Phone # \_\_\_\_\_ Cell # \_\_\_\_\_ Work # \_\_\_\_\_ E-mail \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
DOB \_\_\_\_/\_\_\_\_/\_\_\_\_ Age \_\_\_\_\_ Sex: M F Height: \_\_\_\_\_ Weight: \_\_\_\_\_  
Employer: \_\_\_\_\_ Type of Work: \_\_\_\_\_  
SS # \_\_\_\_\_ Spouse \_\_\_\_\_ # of Children \_\_\_\_\_  
Names/Ages of Children \_\_\_\_\_  
Referred to This Office By: \_\_\_\_\_ Relation To Patient \_\_\_\_\_  
Primary Ins. \_\_\_\_\_ Secondary Ins. \_\_\_\_\_

## ***PRENATAL HISTORY***

- 1) Is this your first pregnancy? Yes No
- 2) How many other births have you had? \_\_\_\_\_
- 3) How many weeks pregnant are you now? \_\_\_\_\_
- 4) Have you experienced any traumas during this pregnancy? (accidents, falls) Yes No  
Please describe \_\_\_\_\_
- 5) Any medications taken during this pregnancy? \_\_\_\_\_
- 6) Do you smoke or drink alcohol? \_\_\_\_\_
- 7) Have you had any evaluation procedures (ultrasound, amniocentesis)? Yes No
- 8) Please list dates, frequency and reason for these procedures:  
\_\_\_\_\_
- 9) How has your diet been during this pregnancy? \_\_\_\_\_
- 10) Has there been any stressful events in your life during this pregnancy? \_\_\_\_\_  
\_\_\_\_\_
- 11) What are your most significant fears associated with this birth? \_\_\_\_\_  
\_\_\_\_\_
- 12) Who is your birth care provider? \_\_\_\_\_
- 13) Will you have someone with you at birth for support (other than birth care provider)  
Please specify who \_\_\_\_\_
- 14) Where do you plan on delivering? \_\_\_\_\_
- 15) Have you put together a birth plan? \_\_\_\_\_

## ***PREVIOUS BIRTH HISTORY***

- 1) **Place of birth:** hospital birthing center home
- 2) **Delivering Practitioner:** OB/Gyn Certified Nurse Midwife  
Certified Practicing Midwife Lay Midwife
- 3) **Position of Delivery:** Lithotomy position (on back with feet up) On Your Side  
Kneeling Squatting Other? \_\_\_\_\_
- 4) **Was labor induced?** (Contractions were stimulated *prior* to the natural onset of labor)  
Yes No Unknown  
**If yes, specify type:** Pitocin Prostaglandin Gel (applied to your cervix) Unknown
- 5) **Were your membranes ruptured by your care provider?** Yes No Unknown
- 6) **Were contractions stimulated intravenously with pitocin *once* labor started?**  
Yes No Unknown
- 7) **Did you receive any pain medications or anesthesia?** Yes No Unknown  
**Please specify type used** \_\_\_\_\_  
**If you had an epidural, how many centimeters were you dilated when it was administered?** \_\_\_\_\_
- 8) **Did you experience back pain during labor?** Yes No Unknown
- 9) **Did you deliver vaginally?** Yes No
- 10) **Baby presentation at time of delivery:** Normal Posterior Brow Facial Breech  
**If breech, specify type:** Footling Frank Complete Kneeling  
**Was there any visible injury to your baby?** Yes No Unknown  
**If so, where on your baby was the injury sustained?** \_\_\_\_\_
- 11) **Did your care provider assist delivery with his/her hands?** Yes No Unknown  
**Was there any turning of the neck, or traction (pulling) applied to the neck?**  
Yes No Unknown
- 12) **Were operative devices used to facilitate the birth?** Yes No Unknown  
**Which type?** Forceps Vacuum Extraction  
**If yes, were there any visible signs of injury to your baby?** Yes No Unknown  
**If yes, where was the injury sustained?** \_\_\_\_\_
- 13) **Was there a birthing coach present?** husband doula friend other  
**If other, please specify:** \_\_\_\_\_
- 14) **At what week of pregnancy was your baby born?** \_\_\_\_\_



# ***TERMS OF ACCEPTANCE***

When a pregnant woman seeks the benefits of the Webster Technique and we accept a patient for such care it is essential for both to be working towards the same objective.

Chiropractic has only one goal. It is important that each patient understand the objective and the method that will be used to attain it. This will prevent any confusion or disappointment.

Adjustment: An adjustment is the specific application of a force to facilitate the body's correction of vertebral subluxation. Our chiropractic method of correction is by specific adjustments of the spine.

Vertebral Subluxation: A misalignment of one or more of the 24 vertebrae in the spinal column which causes alteration of nerve function. This results in interferences to the transmission of mental impulses, leading to a decrease in the body's overall, healthy performance.

The tense muscles in the pelvis, caused by misalignment in the sacrum may lead to constraint in the uterus. When the uterus is torqued and constrained in this manner, it is more difficult for the baby to move into the best possible position for birth. The Webster Technique is a specific chiropractic adjustment which corrects subluxation in the sacrum. As a result, the mother's tense pelvic muscles and ligaments relax, enhancing the physiological environment needed for normal baby positioning.

We do not offer to diagnose or treat any condition. We are not turning malpositioned babies. We do not determine baby position. This technique is a specific chiropractic adjustment which removes interference to the nervous system, balances pelvic muscles and ligaments, alleviates constraint to the mother's uterus allowing for optimal baby positioning. Our method is detection of and specific adjusting of vertebral subluxation.

I have read and fully understand the above statements.

All questions regarding the doctor's objectives pertaining to my care in this office have been answered to my complete satisfaction.

I therefore accept chiropractic care on this basis.

Signature \_\_\_\_\_ Date \_\_\_\_\_

# ***WEBSTER TECHNIQUE DEFINED***

Chiropractic care benefits all aspects of your body's ability to be healthy. This is accomplished by working with the nervous system, the conduit of intelligence between your brain and your body. Doctors of Chiropractic work to correct subluxations (misalignments) of the individual spinal bones. When subluxated these bones put pressure on the spinal cord and the spinal nerves causing malfunction in any part of the body and imbalance in surrounding muscles and ligaments.

Sacral subluxation causes the tightening and torsion of specific pelvic muscles and ligaments producing uterine constraint. It is these tense muscles and ligaments and their constraining effect on the uterus which prevent the baby from comfortably assuming the vertex position. The Webster Technique is a specific chiropractic analysis and adjustment which removes interference to the nervous system, balances out pelvic muscles and ligaments which in turn removes constraint to the woman's uterus and allows the baby to get into the best possible position for birth.

Dr. Larry Webster, Founder of the International Chiropractic Pediatric Association, discovered this technique as a safe means to restore proper pelvic balance and function for pregnant mothers. In expectant mothers presenting breech there has been high reported success rate of the baby turning to the normal vertex position.

Any position of the baby other than vertex may indicate the presence of sacral subluxation and therefore result in intrauterine constraint. It is strongly recommended by instructors of this technique, that this specific analysis and adjustment of the sacrum be used throughout pregnancy, to detect imbalance and prevent intrauterine constraint.

Because of the effect the chiropractic adjustment has on all body functions, pregnant mothers should have their spine checked regularly throughout pregnancy, allowing for safer, easier deliveries and optimized health benefits for both the mother and baby.