



Pregnancy Adjustment and/or Webster Technique Informed Consent

What is the Webster Technique?

"The Webster protocol is a specific chiropractic sacral analysis and diversified adjustment. The goal of the adjustment is to reduce the effects of sacral subluxation/SI joint dysfunction. In so doing neuro-biomechanical function in the pelvis is improved."

- International Chiropractic Pediatric Association

Dr. Kat may or may not use the Webster Technique while adjusting you, depending on your needs. The Webster Technique is used to relax muscles and ligaments in your pelvis. These muscles and ligaments may become tense due to misalignment in the sacrum, leading to torsion in the uterus and the resulting condition called intra-uterine constraint. When the uterus is constrained in this way, it is harder for the baby to move into the correct position for optimal birth. Thus, the technique will relax tense pelvic muscles and ligaments, enhancing the physiological environment needed for normal baby positioning.

The Webster Technique is not used specifically to turn babies; this is not a guaranteed result. This technique is used to determine sacral misalignment and includes chiropractic adjustments which reduce interference to the nervous system, balances pelvic muscles and ligaments, and alleviates torsion to the mother's uterus, all allowing for optimal baby positioning.

I, (print name) _____ have read and understand the preceding statement regarding the Webster Technique. I consent to getting pregnancy and/or Webster adjustments from Dr. Kat.

Signature: _____

Date: ___ / ___ / ___