

The Art of Turning a Breech Baby

by Dr. Rob Coombs

There is no greater time in life than pregnancy. Pregnant women exude vitality. They literally glow from head to toe and are surrounded by a buzz of excitement and expectation. For years, women look forward to this precious stage in life and oftentimes it is over before they know it. Some women describe it as the best time of their life; a time they never felt better. For other women pregnancy can be a time of stress, anxiety and concern, especially if their baby is breech.

Breech moms are told they will have to schedule a cesarean, forcing their pregnancy to become a procedure more than the exhilarating gift that it is meant to be.

The significance of a natural childbirth is surprisingly undervalued in today's world. Within years, the perception of a natural childbirth will change as dramatically as the perception of smoking has in the past few years. Leading researchers from around the world continue to discover and explain the significant benefits of natural childbirth over cesarean births. Just as breastfeeding yields considerable benefits to an infant, a natural birth promotes better lung function, immune response, alertness, bonding and significantly reduces trauma and tension to a baby's head and neck. Unfortunately, many breech babies and mothers are robbed of these benefits when they end up with a cesarean birth.

The good news is there are ways to help breech moms achieve the childbirth they desire. An abundance of research and success stories prove that breech babies can be turned head-down safely and effectively. One of the most effective techniques is the Webster Technique and some of the best and brightest OB-GYN's in the area are beginning to refer to chiropractors specially certified in the Webster Technique.

There are many theories as to why a baby assumes a breech presentation, just as there are many theories as to how to turn the baby head-down. Based on my personal experiences and the training and research requirements for Webster Breech Turning certification, I believe the problem is structural in nature. The alignment of a pregnant woman's pelvis is paramount in establishing normal tension on the uterus, breech or otherwise.

Consider the uterus as a pouch of muscles anchored securely in the abdomen to the pelvis, ribs and abdominal organs. The ligaments that stabilize and hold the uterus work exactly like the ropes you would use to tie down and secure a large TV in the back of a pick-up truck. You wouldn't use one rope to tie it down; you would use a number of ropes, anchoring the TV in every conceivable direction to assure the TV's safe arrival home. Relaxing the abnormally tight, ligament torque re-establishes balance with all the other uterine ligaments, allowing the baby the flexibility to align itself ideally within the uterus. Creating the opportunity for movement is precisely why the Webster Breech Turning Technique is so reliable.

My office has turned 20 out of 21 breech babies within the last three years alone (the one that didn't turn was a mother of twins who delivered pre-term). When a breech mom schedules an appointment for an evaluation, she takes an important step in changing her baby's life. While every mother is different, turning a breech baby typically takes around ten visits. When I analyze a pregnant mom, I am determining the alignment of her pelvis and the tension on her ligaments. Adjustments are safe and effective in reducing low back pain, tension and stress, in addition to restoring normal patterns of movement. For this reason, breech mom's have tremendous success in turning their baby and achieving a natural childbirth. It is important to note that the baby experiences the same stress, tension and discomfort as the mom's uterus, and therefore also receives the same benefits from the adjustment. The two are structurally bonded and work together throughout pregnancy and birth.



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I feel truly blessed to have the opportunity to help pregnant moms navigate this precious and exciting time in their life. As a doctor, I believe my greatest responsibility is education. My hope and goal for every mom is to help them understand their bodies and the importance of surrounding themselves with a supportive team who can help them achieve a normal, natural childbirth.

If you, or someone you know, are pregnant, find a chiropractor. They can help foster an amazing pregnancy and birth experience. If you or someone you know is breech, call our office immediately. We can help you achieve a natural childbirth and make a tremendous difference in the life of your baby!

Dr. Rob Coombs DC

specializes in:

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Webster Breech Technique,
Pregnancy, Infants,
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