

FAQ

Are you going to manually turn my baby?

At Berlin Wellness Group we do not physically turn your baby. That technique, the External Cephalic Version is only done by Medical Doctors in a hospital setting. Our approach is to restore normal uterine and pelvic function so that the baby will want to and be able to turn on its own.

Is chiropractic safe while I'm pregnant?

Absolutely! Chiropractic is very safe and very beneficial for pregnancy. Adjustments are not only safe but gentle and have the added benefit of helping alleviate musculoskeletal discomfort that you may be experiencing due to pregnancy.

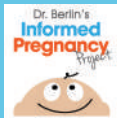
What is Moxibustion?

Moxibustion is an acupuncture technique utilizing the herb Ai Ye (Artemisia vulgaris or mugwort) rolled into a stick that looks similar to a cigar and burning it near specific points along an acupuncture meridian. Ai Ye, or moxa as it is commonly known provides a penetrating warmth to the point and related channel that encourages fetal movement. Moxibustion has been used for centuries to help turn malpositioned babies.

Is acupuncture safe while I am pregnant?

Yes! Acupuncture is extremely safe and can be used for a great number of pregnancy-related issues, from morning sickness to labor preparation!

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Free Breech Phone Consultation!

If your baby is in Breech Presentation, contact Dr. Elliot Berlin, DC for a free phone consultation to answer any questions or concerns you may have about the Breech services offered at Berlin Wellness Group.

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* Free consultations are valid for phone calls only, office visits have a fee.

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Breech Presentation



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What is Breech Presentation?

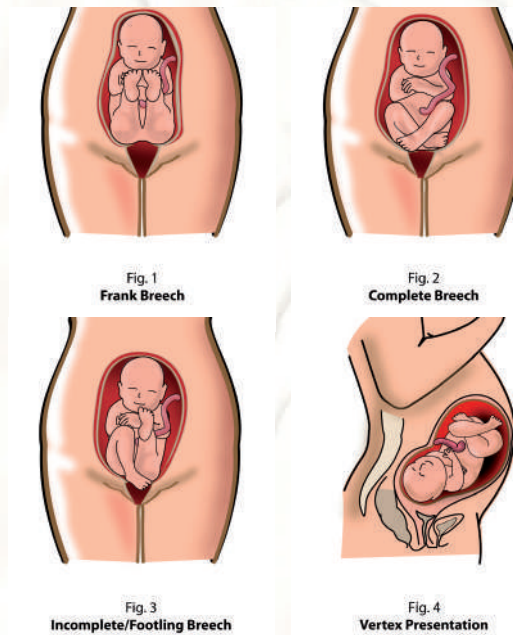
Towards the end of pregnancy most babies move into the ideal head-down pre-birth position. The term 'Breech Presentation' refers to a baby with the buttocks or feet down near the birth canal rather than the head. If your baby remains in a Breech Presentation in the last weeks of pregnancy, your physician will probably recommend a c-section. However, there are many things that can be done to help make it possible for the baby turn allowing for uncomplicated vaginal birth.

Berlin Wellness Group is a team of prenatal wellness doctors and therapists catering to the needs of expectant moms. We see as many as 200 cases of Breech Presentation yearly and that experience has helped us develop gentle, safe and effective protocols for naturally helping breech babies turn.

Some causes of Breech Presentation may be structural, such as too much or little amniotic fluid, fibroids pushing in to the uterus, or a low lying placenta. Other causes can be functional such as tight muscles and restricted bones. We address the functional issues and use a combination of up to three modalities to overcome them.

How does Berlin Wellness Group help Breech Babies?

Our team utilizes a three pronged approach of Chiropractic, Massage and Acupuncture. Each modality has a different purpose.



CHIROPRACTIC – The Webster Technique

Chiropractic restores normal physiological motion to the bones of your pelvis. When functioning properly, there is a good amount of extra motion in the pregnant pelvis that allows the opening to widen prior to and during labor and delivery. Several of the pelvic bones are connected directly to the uterus through strong ligaments. When taught, these ligaments may cause tension in the uterus that restrict the baby's ability to move freely. Through very specific chiropractic

techniques, taught ligaments are released and proper biomechanical function of the pelvic structures is restored creating a more comfortable environment for the baby to assume the best possible position for birth. This technique was developed in the 1970's by chiropractor Dr. Larry Webster.

MASSAGE – Berlin Uterine Release Technique

Very strong or tight muscles in the hips, buttocks and under the belly may restrict the pelvis or push up into the uterus and keep the baby from comfortably assuming the best position for birth. We use focused massage techniques to knead the tension out of these stiff (and often achy) muscles and tendons and release the pelvic strain and dysfunction. This technique was developed by Dr. Berlin and works synergistically with the Webster Technique.

ACUPUNCTURE

For centuries acupuncture has used very specific techniques to treat many of the conditions that commonly ail moms-to-be, including the Breech Presentation.

Acupuncture points can be stimulated different ways depending on the desired outcome. Examples include needling the points, applying pressure to them and stimulating them with warmth. For Breech Presentation, tiny Acupuncture needles are used on points to help relax the mothers body, while at the same time moxibustion (warmth achieved by burning herbal sticks called moxa) is used over points located on the feet to stimulate fetal movement. During your first visit we teach you how to do moxibustion at home and we supply you with moxa sticks so that you can stimulate movement daily.

Gentle and typically very comfortable Acupuncture, Chiropractic and Massage can help to provide adequate space for the baby to turn naturally.

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