

CONFIDENTIAL PREGNANCY PATIENT CASE HISTORY

Please complete this questionnaire fully and remember to bring it with you for your first appointment.

Your answers will help us determine how chiropractic care can help you.

PERSONAL INFORMATION:

Name: _____ Referred by: _____

Previous Chiropractic Care? _____ When was your last adjustment? _____

The human body is designed to be healthy. The primary system in the body which coordinates health is the nervous system. The healthy function of every cell, every system, and every organ is dependent upon the integrity of the nervous system. The bones of the skull and vertebrae of the spine house and protect the central nervous system.

From the birth process until the present, events have occurred in your life which may have caused interference and damage to this delicate system. Physical, emotional, and chemical stresses common to our contemporary lifestyles can result in misalignment and damage to the spinal column. This interference is called the Vertebral Subluxation Complex.

The following form will help reveal the causes of Vertebral Subluxation which interfere with the optimal function of your nervous system and therefore impair your inborn health and well-being.

PRENATAL HISTORY:

1. Is this your first pregnancy? _____
2. How many other births have you had? _____
3. How many weeks pregnant are you now? _____
4. Due Date: _____
5. Have you experienced any traumas (accidents, falls) during this/past pregnancy? _____
Please describe: _____
6. Any medications taken during this pregnancy? _____
7. Do you smoke or drink alcohol? _____
8. Have you had any evaluation procedures (ultrasound, amniocentesis, chorionic villus sampling)?

9. Please list dates, frequency and reason for these procedures:

10. How has your diet been during this pregnancy? Poor Fair Good Great Excellent
11. Do you take supplements? _____ If yes, what are you taking? _____

12. How much water are you drinking per day? _____ Glasses or _____ Ounces
13. Have there been any stressful events in your life during this pregnancy? _____

14. What are your most significant fears associated with this birth? _____

15. Who is your birth care provider? _____
16. Will you have someone with you at birth for support (other than birth care provider)? _____
Please specify who: _____
17. Where do you plan on delivering? _____
18. Have you put together a birth plan? _____

PREVIOUS BIRTH HISTORY

****Please print & complete this page for each previous delivery****

Baby's Name: _____ **Date of Birth:** _____

Weight: _____ Length: _____ APGAR: _____

Place of Birth: Hospital / Birthing Center / Home

Delivering Practitioner: OB/Gyn / Certified Nurse Midwife / Certified Practicing Midwife / Lay Midwife

Position of Delivery: Lithotomy position (on back with feet up) / On your side / Kneeling / Squatting / Other:

Was labor induced? Y / N _____

If yes specify: Pitocin / Prostaglandin Gel / Unknown _____

Were your membranes ruptured by your care provider? Y / N _____

Were contractions stimulated intravenously with Pitocin once labor started? Y / N _____

Did you receive any pain medication or anesthesia? Y / N _____

Epidural? Y / N How many cm were you dilated when it was administered? _____

Did you experience back pain during labor? Y / N _____

Did you deliver vaginally? Y / N _____

Baby presentation at time of delivery: Normal / Posterior / Facial / Breech _____

If breech specify: Footling / Frank / Complete / Kneeling _____

Did your care provider assist delivery with his/her hands? Y / N _____

Was there any turning of the neck or traction / pulling applied to the neck? Y / N _____

Were operative devices used to facilitate the birth? Y / N _____

Which type? Forceps / Vacuum Extraction _____

If yes, were there any visible signs of injury to your baby? Y / N _____

If yes, where was the injury sustained? _____

Was there a birthing coach present? Husband / Doula / Friend / Other: _____

At what week of pregnancy was your baby born? _____

Other information that may be specific to the birth:

Webster Technique

Chiropractic care benefits all aspects of your body's ability to be healthy. This is accomplished by working with the nervous system—the communication system between your brain and body. Doctors of Chiropractic work to correct spinal, pelvic, and cranial misalignments (subluxations). When misaligned, these structures create an imbalance in surrounding muscles and ligaments. Additionally, the resulting nervous system stress may affect the body's ability to function optimally.

Sacral misalignment causes the tightening and torsion of specific pelvic muscles and ligaments. It is these tense muscles and ligaments and their constraining effect on the uterus which prevents the baby from comfortably assuming the best possible position for birth.

The Webster Technique is defined as a specific chiropractic analysis and adjustment that reduces interference to the nervous system and facilitates biomechanical balance in pelvic structures, muscles and ligaments. This has been shown to reduce the effects of intrauterine constraint, allowing the baby to get into the best possible position for birth.

Dr. Larry Webster, Founder of the International Chiropractic Pediatric Association (ICPA) 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 a high reported success rate of the baby turning to the normal vertex position. This technique has been successfully used in women whose babies present transverse and posterior as well. It has also been successfully used with twins. Any position of the baby other than ROA may indicate the presence of sacral subluxation and therefore intrauterine constraint. At no time should this technique be interpreted as an obstetric, "breech turning" technique.

It is strongly recommended by the ICPA instructors of this technique that this specific analysis and adjustment of the sacrum be used throughout pregnancy, to detect imbalance and optimize pelvic biomechanics in preparation for safer, easier births. Because of the effect the chiropractic adjustment has on all body functions by reducing nerve system stress, pregnant mothers should have their spines checked regularly throughout pregnancy, optimizing health benefits for both the mother and baby.

Dr. Tiffany and Dr. Louis Fernandez are both *Certified Webster Technique Practitioners* and are members of the *International Chiropractic Pediatric Association, ICPA*. They have been using the Webster technique for several years now and have helped hundreds of pregnant woman.

Please sign to acknowledge that you understand the above description of the Webster technique:

Name: _____

Signature: _____ Date: _____