Recurrent back and pelvic pain in women is very commonly due to imbalances in the pelvis, often as a residual of childbirth. These imbalances include dysfunction in the sacroiliac (SI) joints, pubic symphysis, hypertonic ligaments, and muscle asymmetries that lead to pain and instability. Addressing soft tissue adaptations is essential in breaking the cycle of recurrent dysfunction and pain, but exercise alone is not effective in the treatment of low back or pelvic pain. We have adopted a new technique to approach the soft tissue and joint imbalances in the pelvis, and to keep patients out of pain: the Webster Technique.

The Webster technique is a chiropractic assessment and adjustment for all weight bearing individuals to improve the neuro-biomechanical balance of the pelvis. This is achieved by calming the sacrotuberous and round ligaments, releasing tight piriformis and psoas muscles, and gentle chiropractic adjustments to the joints of the pelvis. Specific exercises are also implemented into a patient’s therapy and tailored to each patient’s needs to keep them out of pain and dysfunction long-term. This is especially important for patients who experience pelvic instability which causes low back and pelvic pain. Common patterns of weak muscles that contribute to low back pain include: pelvic floor muscles, abdominals, and gluteal muscles.

**The Webster Technique:**

Patients are treated with a comprehensive approach integrating joint, ligament, and muscle therapies:

- Safe to use during pregnancy
- Low force
- Great for women with back pain after childbirth
- Prone Procedures:
  - Low force chiropractic adjustments are made to the sacrum and ilium
  - Muscle release techniques calm the spasmed piriformis and gluteal muscles
  - Ligamentous release on hypertonic sacrotuberous ligaments
- Supine Procedures:
  - Gentle chiropractic adjustments are made to dysfunctional pubic rami and hips
  - Muscle release techniques relax spasmed psoas muscles
  - (If applicable) Tight and spasmed round ligaments are addressed to help release tension
- Therapeutic Exercise promotes stability and symmetry