



### WEBSTER TECHNIQUE

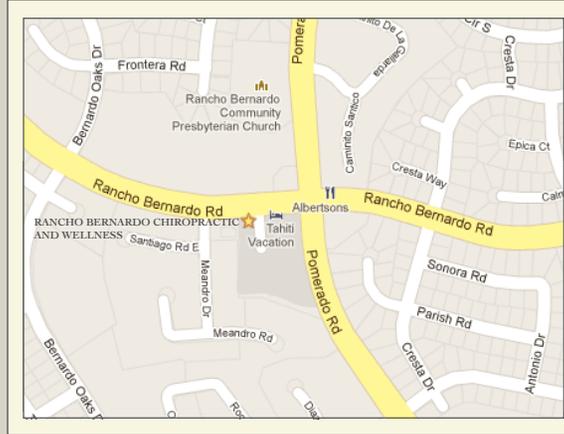
The Webster Technique is a specific chiropractic analysis and diversified adjustment. The goal of the adjustment is to reduce the effects of subluxation and/or sacroiliac joint dysfunction. In so doing neuro-biomechanical function in the sacral/pelvic region is improved.

Pregnant mothers have a greater chance for sacral subluxation than the general population, due to increases in hormones, weight gain and postural adaptations during pregnancy.

Proper sacral biomechanics may allow for optimal fetal positioning. In addition, normal pelvic biomechanics along with correct positioning of the baby in-utero may

- Affect birth outcome
- Decrease the potential for undue stress to the baby's developing spine and nerve system
- Prevent difficult birth (dystocia)

Dr. Estepa is certified in performing the Webster Technique by the International Chiropractic Pediatric Association.



*Serving Rancho Bernardo, Poway & 4S Ranch at*

### Rancho Bernardo Chiropractic and Wellness

12409 Rancho Bernardo Road  
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# CHIROPRACTIC

DURING  
**PREGNANCY AND CHILDHOOD**

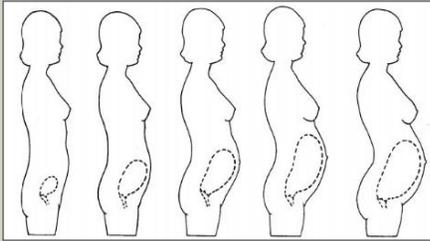


**Dr. Mamerto A. Estepa Jr.**  
Chiropractor

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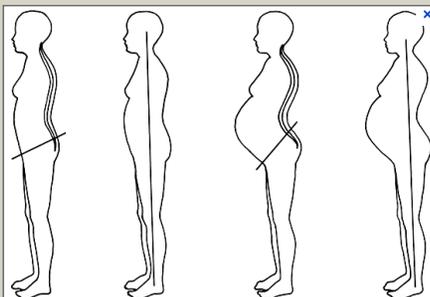


### WHY CHIROPRACTIC DURING PREGNANCY?

The changes to a mother's body during pregnancy misaligns her spine and distorts her posture, leading to pain and discomfort including:

- Sinus, neck, shoulder, & arm pain
- Carpal tunnel syndrome
- Low back, leg pain, and/or sciatica
- Allergies, nausea, poor digestion, trouble breathing and
- Difficult labor

Chiropractic is a safe and effective means of treating these misalignments, providing relief for the pain associated with pregnancy, and promoting optimal functioning during both pregnancy and birth.



### DR. MAMERTO A. ESTEPA JR. Chiropractor

Dr. Estepa brings a joy and passion about living that infects anyone he meets. He grew up in Oxnard, California and attended UC Berkeley, where he earned a Bachelor of Science degree in civil engineering.

He became a chiropractic patient after experiencing unusual back pain after training Brazilian jiu-jitsu. He initially sought mainstream medical care. Painkilling shots were recommended, but knowing that shots would only mask the pain, not correct its cause, he decided to try chiropractic.

Chiropractic succeeded in relieving the back pain. As he continued receiving chiropractic adjustments, he noticed improvements in his training and overall health. He realized that chiropractic helps people get better and keeps them at their best, and decided to become a chiropractor.

Dr. Estepa attended and graduated from Cleveland Chiropractic College Los Angeles, where he served as Senior Intern at the Venice Family Clinic - the largest free clinic in the United States.

Dr. Estepa is committed to expanding his clinical skill. He is certified in the Webster Technique, and is a member of the International Chiropractic Pediatrics Association.



### WHY CHIROPRACTIC DURING CHILDHOOD?

Children are susceptible to traumas to their spines from a variety of different causes or events. These microtraumas can subluxate, or misalign the vertebrae, placing pressure on the spinal nerves and decreasing their bodies' ability to function normally. These subluxations may also disrupt the proper curvature development within a child's spine. Symptoms such as pain and malfunction may not show up for years. However, injury to the vital nervous system and changes to the development of the spine has already occurred, and may lead to a lifetime of damaging effects.

Chiropractic care during childhood allows children's nervous systems to function optimally and enables them to develop to their full potential. In addition, in a recent study by the International Chiropractic Pediatrics Association, parents whose children received chiropractic care reported improvements to

- ✓ Sleeping
- ✓ Behavior and attitude
- ✓ Immune system function