Comfort Beneath the Surface

a mom's guide to back pain, pelvic pain, and getting ready for birth

Hobbling. Aching. Told it's just part of pregnancy.

"My hips hurt so bad I can barely roll over at night." "It hurts to walk, and my doctor says it's normal." "I want to feel ready for birth, not just survive it." Pain is common in pregnancy, but common does not mean you have to just push through it.

This guide explains what is happening in your body and nervous system, and gives you simple ways to feel better at home.

01

A balanced pelvis and a calm nervous system

Your body is changing fast. Hormones loosen your joints, your center of gravity shifts forward, and your nervous system is working overtime. A nervous system on the BRAKE helps your body adapt, rest, and prepare for birth.

GAS	BRAKE
Fight-or-flight.	Rest-and-digest.
Tense, sore, poor sleep.	Balanced, rested, ready.

When the pelvis gets out of balance and your foot stays on the **GAS**, muscles and ligaments tighten, sleep suffers, and pain builds. A balanced pelvis also gives your baby more room to settle into the best position for birth. That is the heart of our **Webster Technique** care.

02

What a body stuck on the gas can look like

Back	Low back pain, pain getting out of bed or the car, sore after standing.
Pelvis & hips	Pelvic girdle or pubic pain, pain rolling over in bed, hip pain at night.
Nerves	Sciatica, shooting pain down the leg, round ligament pain.
Sleep & stress	Hard to get comfortable, poor sleep, feeling anxious or on edge.
Baby's position	Breech or posterior baby, or a hard birth in the past.

Some symptoms need prompt care. Call your OB or midwife right away for bleeding, regular contractions before 37 weeks, fluid leaking, severe headache or vision changes, swelling in one leg, or less movement from your baby. What we add is one more question: **how is your nervous system and pelvis doing?**

03

How a foot gets stuck

We group the stressors that load a nervous system into what we call the Three T's:

Traumas

PHYSICAL

Changing posture, past injuries, a previous hard birth.

Thoughts

EMOTIONAL

Work stress, worry, poor sleep, big life changes.

Toxins

CHEMICAL

Diet, dehydration, environmental exposures.

Pregnancy stacks new stress on top of whatever your body was already carrying. None of it is your fault. The goal is to give your body every chance to adapt, rest, and prepare.

04

Seven ways to feel better at home

These are not a treatment. They lower the load on a system that is already working hard and help the brake engage.

1. **Sleep with a pillow between your knees**
   It keeps your pelvis level and takes stress off your hips.
2. **Roll as a unit**
   Keep knees together when you roll over or get out of the car.
3. **Move every day**
   Walking, swimming, and prenatal stretching help the pelvis stay mobile.
4. **Sit on a ball**
   A birth ball keeps your hips open and your pelvis moving.
5. **Breathe low and slow**
   Long exhales help your body shift into BRAKE, and they help in labor too.
6. **Wear supportive shoes**
   Skip high heels and flat flip-flops for daily wear.
7. **Hydrate and rest**
   Water and rest help your body handle the work it is doing.

05

What we actually do

Webster does not turn babies, and we don’t diagnose or treat pregnancy conditions.

We measure how the nervous system is regulating. Then we use gentle, specific adjustments to help it shift out of GAS and into BRAKE.

How we measure. Our gentle INSiGHT scans are safe in pregnancy and show how your nervous system is handling stress. Webster care focuses on balancing the pelvis and surrounding muscles and ligaments.

Alongside your team. We work alongside your OB, midwife, and doula, not instead of them.

06

Is your body asking for support?

Do you…

- ○ Have low back or hip pain
- ○ Have pelvic, pubic, or round ligament pain
- ○ Struggle to roll over or get comfortable at night
- ○ Have sciatica or shooting leg pain
- ○ Feel tense, anxious, or exhausted
- ○ Have a breech or posterior baby
- ○ Have had a hard birth in the past
- ○ Want to feel ready for birth

If you checked more than a few, a scan can show you what is happening underneath.

> *"He tends his flock like a shepherd… he gently leads those that have young." Isaiah 40:11*

Your body was made for this.

The next step is a New Patient Experience: about an hour with one of our Webster-certified doctors, a full exam, and gentle INSiGHT scans.

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This guide is for education only. It is not medical advice and does not diagnose, treat, or cure any condition. The Webster Technique is not a breech-turning technique. Please talk with your OB or midwife about any symptom or concern in your pregnancy.