

Life University Pediatric and Prenatal Certification Program by Dr. Claudia Anrig

Instructor: Claudia Anrig, D.C.

Course Title: Full Spine Care for the Prenatal and Pediatric Population including the Webster Technique

12 hour Live Course

Course Description

Pre-conception, pre-post-natal chiropractic care including chiropractic technique, nutrition, and lifestyle care. The Original and the Advanced Webster Technique-with Life University approved Certification. Pelvic floor research, including anatomy, biomechanical dysfunction, exercise and static/motion palpation with specific sacral segmental adjusting. Protocol care for the pediatric population. Adapting the Gonstead System for the neonate, infant and young child.

8 AM- 9.30 AM The Original and Advanced Webster Technique

- A. History of the Original and Advanced Webster Technique
- B. Specific Biomechanical Considerations
- C. Ramifications of the Pelvic Subluxation Patterns
 - a. In-utero Constraint
 - b. Birth Trauma
 - c. Post Natal Development of Spinal Asymmetry
- D. Original Webster Technique – lecture and demonstration
- E. Advanced Anrig-Webster Technique- lecture and demonstration
- F. Life University Certification of D. and E.

(Examination Procedures and Adjustive Technique)

9.30 AM- 10 AM Documentation

- A. Consultation and History Intake for a subluxation-based practice
- B. Chiropractic spinal examination
- C. Re-examination documentation
- D. Personal injury care for the pregnant and child patient

(Clinical Documentation and Examination Procedures)

10 AM- 12 PM Protocol Care for the Pregnant and Child Patient

- A. Adjusting Protocols based on the Sympathetic and Parasympathetic involvement – Gonstead system
- B. Nutritional recommendations to support patient's needs
- C. Lifestyle management including contraindications
- D. Common Pediatric and Prenatal Childhood Disorders
 - a. Acute Nasopharyngitis
 - b. Allergies and Sinus
 - c. Asthma
 - d. Colic
 - e. Digestive Disorders
 - f. Enuresis
 - g. Febrile Convulsions

- h. Foot Flare
- i. Growing Pains
- j. Headache and Migraines
- k. Jaundice
- l. Otitis Media
- m. Tonsils and Adenoids
- n. Torticollis
- o. Reflux
- p. Morning sickness
- q. Severe Vomiting
- r. Indigestion
- s. Constipation
- t. Ligament Laxity or Achy
- u. Diastasis Recti

(Examination Procedures/Diagnosis and Nutrition)

1 PM - 2 PM Chiropractic Care for Pregnancy – Pre-Conception and Pre/Postnatal Care

- A. Preconception and prenatal recommendations
 - a. Clinical Review
 - b. Patient Recommendation Protocol: nutrition, exercise, stress management and biomechanical considerations to prevent and reduce subluxation patterns
- B. Chiropractic Spinal Examination: Gonstead
- C. Adapting the Chiropractic Adjustment

(Examination Procedures and Adjustive Technique)

2 PM – 4 PM Chiropractic Care for the Pelvic Floor

- A. Pelvic Floor Research
 - a. Anatomy
 - b. Biomechanical Dysfunction
- B. Pregnancy Exercise Research
 - a. Benefits and Guidelines
 - b. Warning Signs and Contraindications

(Research Trends and Examination Procedures)

4 PM -5 PM Pelvic Floor Evaluation and Specific Adjusting

- A. Static and Motion Palpation of the Sacrum and Ilium
- B. Specific Adjusting

(Examination Procedures and Adjustive Technique)

8 AM – 12 PM: Adapting the Gonstead System; Neonate, Infant, Young Child

- A. Examination: all regions
 - a. Observation
 - b. Static and Motion Palpation
- B. Upper Cervical Spine: Occipito-atlantal
- C. Upper Cervical Spine: Atlanto-axial
- D. Lower Cervical Spine (C2-C7)
- E. Thoracic Spine
- F. Lumbar Spine
- G. Pelvis
 - a. Ilium
 - b. Sacrum

(Examination Procedures/Adjustive Technique)