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PRENATAL CHIROPRACTIC INTAKE FORM

PATIENT DATA

NAME: ____ DATE: ___/___/___
Date of Birth: ___/___/___

CURRENT PREGNANCY

Due Date/Week:_____________________ I am in my______week of pregnancy.
Pre-Pregnancy Weight: ______________ Current weight: ______________Height: ______________
Childbirth Preparation: Bradley ___ Lamaze ___ Other__________________
Childbirth Caregiver(s): OB/GYN: ___ Doula___ Midwife ___
Caregiver's name and phone number: ____
I plan on giving birth at: Hospital ___ Birth Center ___ Other___________________
Name of Hospital or birth center ____
What position do you sleep in: Side: _____________ Back______________ Stomach _____________
How many hours of sleep are you getting each night on average? ___________________________
How would you rate you overall stress level (circle one)?
No stress 1 2 3 4 5 6 7 8 9 10 *Very stressed*
Do you drink ½ your body weight in ounces of water per day (circle one)? Yes No
Are you eating a clean, well-balanced diet (circle one)? Yes No
Are you exercising during your pregnancy (circle one)? Yes No
If yes, what type of exercise? ____
Any traumas during this pregnancy (circle one)? Yes No
If yes, please explain: ____
Any hospitalizations during this pregnancy (circle one)? Yes No
If yes, please explain: ____
Any medications during this pregnancy, including over-the-counter?
____
What supplements are you currently taking? ____
Any fertility treatment(s)? ____
Have you had any chiropractic care during this pregnancy? Please explain __________________________
____
Any additional information you would like us to know about your pregnancy?_______________________
____

AFTER 32ND WEEK OF PREGNANCY

Position of baby: Head down ________ Posterior ________ Breech or malpositioned ________
Confirmed by: Palpation by: _______________________________________ on ___/___/___
Ultrasound by: _______________________________________ on ___/___/___
How long do you believe the baby has been in this position? ______________________________________

PREVIOUS PREGNANCIES

Number of previous pregnancies: __________ Number of births: __________
Please explain any difference in numbers: ____
Names and ages of children: ____
Your previous births were at: Hospital? _________ Home? _________ Birth center? __________
Medications used in prior births: None/natural _________ Pitocin _________ Epidural __________
Interventions used in prior births:
Induced labor/breaking water _________ Vacuum__________ Extraction___________
Forceps _______ Episiotomy _______ Caesarean section _______ Other: _________________
How long was your previous labor?
Total: _________ Time before you pushed: _________ Amount of time spent pushing: ___________
Did you receive chiropractic care during your previous pregnancy(s) (circle one)? Yes No
Any additional information you would like us to know about your previous pregnancy(s)? ____________
____

WEBSTER TECHNIQUE AGREEMENT

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

□ I acknowledge that in a theoretical and clinical framework of the Webster Technique in the care of pregnant women, sacral subluxation may contribute to difficult labor for the mother (i.e., dystocia). Difficult labor is caused by inadequate uterine function, pelvic contraction, and baby mal-presentation. The correction of sacral subluxation may have a positive effect on the causes of difficult labor.

□ I acknowledge that sacral misalignment may contribute to these primary causes of difficult labor via uterine nerve interference, pelvic misalignment and the tightening of specific pelvic muscles and ligaments. The resulting tense muscles and ligaments and their abnormal effect on the uterus may prevent the baby from comfortably assuming the best possible position for birth.

□ I understand that this sacral/pelvic analysis and adjustment may be used on all weight bearing spines: male, female, pregnant or not pregnant.

□ I acknowledge that this is not a breech turning or in utero-constraint technique

By signing this form, I understand the purpose of the Webster Technique and I agree to have the doctor perform the technique on me at her discretion. By signing this form, I also verify that all of my information is correct and that I have completed all questions with as much information as is possible.

Patient's Signature: ____ Date: _________________