



NEWSLETTER

APRIL 2026 |

THE WEBSTER TECHNIQUE: SUPPORTING A BALANCED PREGNANCY

Pregnancy places unique physical demands on the body, especially on the pelvis. At Buller Chiropractic, we support expecting moms with the Webster Technique; a gentle, specialized chiropractic approach designed for pregnancy.

The Webster Technique focuses on aligning the pelvis and sacrum while reducing tension in the surrounding muscles and ligaments. When the pelvis is misaligned, it can create stress on the uterus, limiting the space for baby to move around. This technique helps create optimal pelvic balance for mom and potentially baby.

This matters because baby positioning plays a role in delivery outcomes. Currently, about 1 in 3 births in the United States—and similarly in Michigan—are by C-section. While C-sections can be necessary, many families hope to reduce the likelihood of this type of intervention when possible.

By improving pelvic alignment and reducing tension, the Webster Technique may:

- Optimize baby's ability to get into the best possible position for birth
- Reduce lower back pain, create better movement and more comfort
- Allow for a better pregnancy and birth
- Improve nervous system function

Chiropractic care during pregnancy is safe, gentle, and tailored to each individual. Our goal is to help your body function at its best so you can feel supported throughout your pregnancy journey.

You were made for this —and we're here to help every step of the way.

LOCAL SPRING BUCKET LIST (BUMP EDITION)

- Take a walk through the Rochester Municipal Park or Clinton River trail and enjoy the sunshine
- Visit a local coffee shop with a friend
- Sit outside with a book or journal and enjoy some fresh air



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I started seeing Dr. Buller early on in my pregnancy and I firmly believe it has helped me have a smooth, healthy pregnancy! My health overall has significantly improved and I would highly recommend Dr. Buller and his team for any expecting mommy!

-Marissa M



STRAWBERRY FROZEN YOGURT

Blend until smooth:

- 2 cups frozen strawberries
- 1 cup Greek yogurt
- 1-2 tbsp honey (to taste)

Serve:

- Enjoy right away for a soft-serve texture
- Or freeze 1-2 hours for a firmer scoop

Tip: Add a splash of milk if needed to help blend

Why it's great:

- Calcium-rich: Supports baby's bone and teeth development
- Protein boost: Helps keep you full and supports growth
- Probiotics (from yogurt): Supports gut health and digestion