

PERINATAL RESOURCE GUIDE

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PERINATAL AND WEBSTER CERTIFIED

DR. AMY'S PERINATAL RESOURCE GUIDE

Welcome	2
What is Perinatal Chiropractic?	3
Prenatal & Perinatal:	
Webster Technique	5-6
Pregnancy Dos	7-8
Pregnancy Don'ts	9
Exercise Recommendations	10-11
Perinatal Nutrition	12
Prenatal Nutrition	13
Serola Sacroiliac Belt	14
Suggested Websites	15
Postpartum:	
Postpartum Nutrition	17
Breastfeeding	18
Formula Recommendations	19
Miscellaneous	20
Miscarriage Support:	
Miscarriage Note	22
Miscarriage Nourishment	23
Final Note About Your Care	24

WELCOME!

Congratulations—and welcome! It's an honor to walk with you through this season of growth, change, and preparation. This guide was created to support you with practical, trusted resources you can use right away—so you feel informed, empowered, and cared for from bump to birth (and beyond).

Your body is doing incredible work. As posture, hormones, and ligament tension shift, extra stress can land on your spine and nervous system. Prenatal chiropractic—especially the Webster Technique—aims to gently restore balance in the pelvis and support a calm, coordinated nervous system so both you and your baby can thrive.

How to use this guide

- Scan the sections most relevant to your current trimester.
- Try one or two simple comfort strategies at a time.
- Bring your questions to your visits—we love being part of your care team.
- Share pages with your partner/support people so everyone's on the same page.

Our goal isn't only reduce discomfort—it's to help create the most optimal environment for your baby to grow and for you to experience an empowered, supported pregnancy. We're grateful to be on your team.

With love & purpose,

Dr. Amy Munsterman, DC

Perinatal & Webster Certified | Perinatal + Pediatric Chiropractic
Babcock Family Chiropractic

NOTE ABOUT YOUR CARE: THIS GUIDE IS FOR EDUCATIONAL PURPOSES AND IS NOT A SUBSTITUTE FOR INDIVIDUALIZED MEDICAL CARE. PLEASE DISCUSS ANY NEW SUPPLEMENTS OR SIGNIFICANT CHANGES WITH YOUR OB/GYN, MIDWIFE, OR HEALTHCARE PROVIDER.

WHAT IS PERINATAL CHIROPRACTIC?

Pregnancy affects much more than the low back. As baby grows, your posture, pelvis, muscles, ligaments, fascia, and movement patterns are continually adapting. While chiropractors are trained to care for the spine and musculoskeletal system, perinatal chiropractic includes additional postgraduate education focused specifically on understanding and supporting these changes throughout pregnancy and postpartum.

What makes perinatal-focused care different?

Perinatal training takes a more pregnancy-specific look at the whole body. In addition to traditional chiropractic assessment and adjusting, this advanced training includes a deeper understanding of:

- Maternal and pelvic biomechanics
- Pregnancy-related changes in posture and movement
- Sacral and pelvic motion
- Muscles, fascia, and ligaments that support the pelvis and uterus
- Pelvic floor and core function
- Maternal positioning and fetal positioning patterns
- Pregnancy-safe adjusting and soft tissue techniques
- The biomechanics of labor and birth
- Postpartum recovery and adaptation

This additional training helps Dr. Amy tailor care to the unique needs of each stage of the perinatal season, rather than simply modifying general chiropractic care for pregnancy.

Perinatal chiropractic is not about creating a “perfect” pregnancy or birth. The goal is to support your body in moving, adapting, and functioning as well as possible while working alongside your OB/GYN, midwife, pelvic floor therapist, and other members of your healthcare team.

Dr. Amy is Perinatal and Webster Certified through the International Chiropractic Pediatric Association (ICPA), with advanced postgraduate training dedicated specifically to pregnancy, birth, and postpartum care.

PRENATAL
&
PERINATAL

Webster Technique:

Dr. Amy Munsterman is Perinatal and Webster Certified through the International Chiropractic Pediatric Association (ICPA), providing specialized care for expectant women using this gentle technique.

What is the Webster Technique?

The Webster Technique is a specific chiropractic adjustment designed to help balance the pelvis and surrounding muscles and ligaments during pregnancy. By restoring balance, it creates more space and comfort for both mom and baby.

It's important to know: this technique does not turn babies. Chiropractors trained in Webster never try to move or reposition the baby. Instead, the goal is to gently reduce tension and misalignment in the pelvis so that your body and your baby can find their best position naturally.

How does it work?

During pregnancy, hormonal and postural changes can create extra stress on the spine, pelvis, and surrounding soft tissues. These shifts can affect:

- Pelvic alignment (how the bones move and sit together)
- Sacral balance (the base of the spine)
- Round ligaments that support the uterus and sacrotuberous ligament
- Nervous system function

The Webster Technique looks at all of these areas. When we find imbalances, gentle adjustments and soft tissue contacts are made to restore normal motion and ease.

What do we look for?

- Pelvic balance – making sure the hips, sacrum & pubic bones move evenly
- Muscle tension – especially in the glutes/piriformis, and psoas that can affect comfort
- Ligament tension – checking the round & sacrotuberous ligaments
- Nervous system function – ensuring clear communication between the brain and body

Webster Technique:

What to expect at your visit

- You'll lie face down on a pregnancy-safe adjusting table with a space for your belly.
- Dr. Amy will gently check the motion of your pelvis (sacrum & pubic bones)
- Specific adjustments are applied by hand to restore balance.
- Soft tissue work may be done on the supporting ligaments.
- The process is gentle, safe, and comfortable — no twisting or forceful movements.

Why Webster Care Matters Throughout Pregnancy

The Webster Technique isn't just for the end of pregnancy — it's valuable from the very beginning.

- First Trimester: Gentle adjustments help your body adapt to the hormonal and postural changes that start right away. Supporting pelvic balance early can ease common discomforts like nausea, headaches, or fatigue.
- Second Trimester: As your baby grows, your posture shifts. Keeping the pelvis balanced reduces strain on the low back, hips, and round ligaments, making movement and daily activities more comfortable.
- Third Trimester: With the most rapid growth, balance in the pelvis and soft tissues supports optimal space for baby's position and prepares your body for labor and delivery.

When your pelvis is balanced and your nervous system is clear, both you and your baby can adapt more easily to the changes of pregnancy. This makes Webster care a proactive choice for comfort, balance, and preparation for birth — not just a last-minute solution.

As a Perinatal and Webster Certified chiropractor, Dr. Amy has advanced training in assessing pelvic balance and supporting moms before, through and beyond pregnancy.

***Please Note:** The goal of Webster care is not to treat symptoms or turn a baby, but to help your body be at its best — balanced, adaptable, and ready for the changes of pregnancy and birth.

Pregnancy Dos:

Get to know Spinning Babies website! Their [“Daily Activities”](#) is a fabulous place to start.

- Regularly use forward leaning positions; Keep your tummy lower than your spine and keep your knees lower than your hips.
- Use a birth ball, or ergonomic chair as much as possible. We recommend you sit upright and do not slouch. Rock your pelvis forward onto your "sit bones" and sit with your knees lower than your hips. If you have a job which requires prolonged sitting, you may want to consider getting an ergonomic kneeling chair (like a Swedish kneeling chair), sitting on a birth ball, or a standing desk.
- Keep muscles, ligaments and joints balanced through regular chiropractic adjustments with the Webster Technique.
- When getting in and out of the car or chair or when rolling over in bed, keep your knees together.
- Eliminate refined sugar & alcohol. Drink plenty of water; eat lots of green leafy vegetables; snack on protein not carbs.
- Recommended supplements: NutriDyn Prenatal, Vitamin D3+K, Women's Probiotic (see page 10)
- Practice squatting. Yoga & stretching helps.
- Use a birth ball, or pregnancy rocker (put a Swedish or ergonomic chair on rockers) as much as possible.

Pregnancy Dos:

- Use a standing desk.
- Move car seat in upward position.
- When sitting on a sofa, an armchair or in a bucket type seat, place a firm cushion or pillow under mother's bottom and lower back in order to sit more upright.
- Watch TV or read while sitting on a dining room chair, or facing backwards on a dining room type chair, or kneeling on the floor leaning over an ottoman, coffee table, stack of floor cushions, birth ball, or a bean bag, or kneeling on a sofa or chair leaning over its arm or back.
- When resting or sleeping, mother can lie on her side. *NOTE: Gravity effects are different when mother is in pure side lying or semi-prone (exaggerated Sims'). *If side lying with baby in Occipito-Posterior, lie so that baby's back is toward the bed 15-30 minutes, then change to kneeling and leaning forward for 15-30 minutes. If semi-prone, lie so that baby's back is toward the ceiling, for at least 15-30 minutes.

For Pubic Symphysis Disorder:

- Bend your knees and put a ball or your fist between your knees and push inward for a count of 5, then relax for 5. Repeat 5x, 3x a day.
- Avoid/minimize straddling, including getting in/out of a car or chair.

Pregnancy Don'ts (things to avoid):

- Avoid (or minimize) one sided positions and repetitive motions. When carrying other children, avoid carrying them on the same hip all the time. Move them back and forth.
- Avoid (minimize) reclining. That tends to move the baby into a posterior position.
- Avoid slouching and sitting back onto your sacrum.
- Avoid sitting Cross-legged.



Exercise Recommendations:

Miles Circuit

The Miles Circuit is a series of three maternal positioning exercises (usually done in sequence over about 90 minutes) to help encourage baby into an optimal position, especially in the third trimester or if labor is stalling:

1. Open-Knee Chest (forward leaning, bum in the air, chest down) – helps baby disengage from a less optimal position.
2. Exaggerated Side-Lying – 30 minutes on each side, keeps the pelvis open and uses gravity to encourage rotation.
3. Upright & Asymmetrical (like lunges or curbing walking) – helps baby descend into the pelvis.

Postural & Positioning Exercises

- Forward-Leaning Inversion (from Spinning Babies®) – used to balance uterine ligaments and give baby space to reposition.
- Hands & Knees / Cat-Cow stretches – relieve low back tension, encourage baby into anterior position.
- Birth Ball Work – gentle bouncing, hip circles, and figure-eights on a stability ball for pelvic mobility and comfort.
- Pelvic Tilts / Rocking (on all fours or against a wall) – mobilize SI joints, support core stability, and relieve low back pain.
- Exaggerated Side-Lying (Sims' Position) – rest and positioning technique to support fetal rotation (often part of Miles Circuit).

Strengthening & Stability

- Squats (supported or wall squats) – practice for labor positioning and pelvic floor engagement.
- Kegel Exercises – not emphasized as heavily anymore, but still useful for pelvic floor awareness and recovery.
- Hip Squeezes / Adduction – place a ball or fist between knees and gently press (especially for Symphysis Pubis Dysfunction / SPD).
- Glute Bridges (gentle, no heavy weight) – support glute and pelvic stability.

Exercise Recommendations Cont.:

Stretching & Mobility

- Psoas Release Positions – gentle lunges or supported stretching, important since tight psoas can contribute to fetal malposition.
- Butterfly Stretch / Cobbler Pose – open hips and stretch inner thighs.
- Seated Forward Lean (using a chair or ball) – helps balance uterine ligaments and relax pelvic floor.

Specialized Movement Programs

- Spinning Babies® Daily Activities – a routine of daily postures, stretches, and movements for optimal fetal positioning (directly recommended in your ICPA notes).
 - Miles Circuit – structured sequence (open-knee chest, side-lying, upright asymmetry) to encourage rotation or descent, especially late pregnancy or early labor.
 - BirthFit® Functional Movements – adapted strength and mobility work for prenatal fitness.
-

Trimester-Specific Focus

- 1st Trimester: gentle stretching, light strengthening, avoid forceful exercises.
- 2nd Trimester: maintain balance (pelvic tilts, squats, forward leaning),
- 3rd Trimester: Miles Circuit, supported squats, SPD stabilization, side-lying rest, hands-and-knees.

Perinatal Nutrition:

Nutrition can be one of the most supportive ways to care for yourself throughout the perinatal season. Below are recommendations to help nourish your body before, during, and after pregnancy. Start with the basics, focus on what feels sustainable, and build from there.

Supplements can be a helpful addition, but they are just that—a supplement to an already nourishing, well-balanced diet. Fueling your body well helps provide the nutrients it needs to function, adapt, recover, and create a nourishing environment for both you and baby.

Building a foundation:

Stay well hydrated

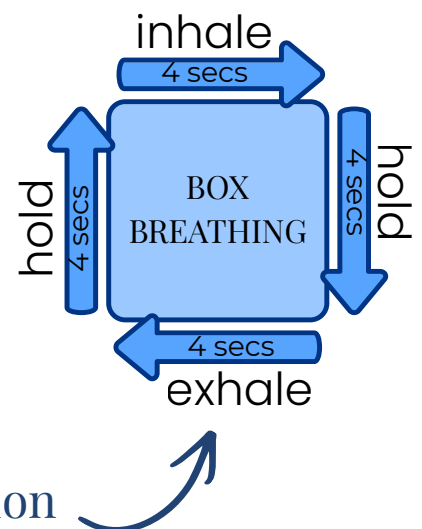
Move your body regularly

Support rest, breathing, & stress regulation

Choose whole, nutrient-dense foods

Prioritize quality protein & healthy fats

Include vegetables & greens daily with each meal



Prenatal Nutrition:

We recommend and trust these prenatal supplements for their quality ingredients and thoughtful formulations, helping you feel confident in the supplements you choose before and throughout pregnancy.



Prenatal

Optimal Micronutrient Support for a Healthy Pregnancy*

[Read more](#)



[Download detailed sheet](#)

Price
\$44.25



D3 5000 with K2

Supports Bone, Cardiovascular, and Immune Health*

[Read more](#)



[Download detailed sheet](#)

Price
\$22.75



UltraBiotic Women's

Targeted Probiotic for Optimal Women's Health*

[Read more](#)



[Download detailed sheet](#)

Price
\$45.75

The Serola Sacroiliac Belt

for sciatic, pubic & SI joint dysfunction/discomfort

Placing the Serola belt in the correct position, with the correct amount of tension, helps normalize motion & remove stress from the ligaments & sciatic nerve. The Serola belt is the **only** belt designed to properly normalize sacroiliac motion, reduce stress to the ligaments & allow the muscles to return to a healthy balance. It provides stability while not restricting movement of the pelvis.



🔗 Serola Amazon Link: Recommend the L or XL.

[Buy Serola Belt](#)



Suggested websites:

[🔗 Evidence Based Birth](#)

Evidence Based Birth® is an independent childbirth education organization that reviews current research and professional guidelines to help families understand the benefits, risks, and alternatives surrounding common pregnancy and birth decisions. Their approach emphasizes informed consent and shared decision-making, including both medical interventions and physiologic birth options.

[🔗 Optimal Baby Positioning Resource](#)

Learn tips about optimal fetal positioning

[🔗 ICPA Resources](#)

International Chiropractic Pediatric Association. Review recent articles on pediatrics and pregnancy.

[🔗 ICPA Pathways Magazine](#)

Magazine and website with info for you and your family's quest for wellness

[🔗 American Pregnancy Association](#)

Website with info on healthy pregnancy

POSTPARTUM (4th trimester)

Postpartum Nutrition:

Postpartum nutrition plays an important role in supporting recovery, energy, hormone balance, and breastfeeding needs. We encourage continuing the foundation you've built and focusing on nourishing whole foods, adequate protein, hydration, and high-quality supplements when appropriate.



Hydrate

Great-Tasting Hydration Complex*

[Read more](#)



[Download detailed sheet](#)

Retail Price

Price

\$29.25

Red raspberry leaf tea

- helps with uterine tone during recovery

Shepherd's purse tincture

- for menstrual support, postpartum care, circulation & inflammation

Breastfeeding:

Breastfeeding can be beautiful—and it can also be new, messy, and full of questions. This page brings together trusted, practical guides to help you feel confident. We celebrate breastfeeding whenever it's desired and possible, and we also honor every feeding journey—pumping, combo-feeding, and formula included. Our bottom line is a well-fed baby and a supported mom.

🔗 [Hunger Cues – when do I feed baby?](#)

🔗 [Deep Latch Technique for Pain-Free Breastfeeding](#)

Lactation consultant:

🔗 [Laci Jones Lactation](#)

Based out of Fargo, ND, Laci is an International Board Certified Lactation Consultant (IBCLC) & Registered Nurse offering 10+ years of women's health mastery. She offers In-home and virtual consultations.

Formula:

We honor every feeding journey. Breast milk is wonderful—and so are moms who pump, combo-feed, or formula-feed. What matters most is a nourished baby and a supported mom. If formula fits your family, here are gentle options for sensitive tummies. You're doing a great job. ❤️

HA formula for milk protein allergies

There's a difference between milk protein sensitivity & true cows milk protein allergy (CMPA). If your baby has a milk protein allergy, look for a HA formula which contain hydrolyzed proteins.



HiPP Hydrolyzed (HA) Dutch



HiPP Hydrolyzed (HA) German

the only hypoallergenic (hydrolyzed) formula I could find without maltodextrin or additional sugars (they use lactose only). contains organic ingredients, manufactured to EU standards, and non GMO

Baby Formula with A2 beta casein

Most cows yield two types of beta casein (A1&A2) in their milk. Certain cows as well as all goats, produce only A2 casein which is said to be more easily digested for those that have sensitivities to cow's milk protein.



Baby's Only A2 milk
USDA certified organic



Serenity A2 Toddler Milk
for babies 12m+
*contains palm oil



Bubs Supreme A2
*not organic but non GMO
ingredients



Bubs AU Goat Milk



Kendamil Goat Milk



Little Oak Goat Milk



Nannycare Goat Milk

goat milk formulas (A2 casein for easier digestion) without glucose syrup, corn syrup solids, or maltodextrin

The best cow's mils infant formulas

Lactose only; no maltodextrin, corn syrup solids, or other sugars. All palm oil-free formulas.

★ = made with whole milk (higher fat content) so less vegetable oils needed



Baby's Only
most affordable USDA
Organic infant formula



Similac Pure Bliss
no growth hormones / antibiotics
& non GMO *not organic*



Loulouka
EU organic certified



Aussie Bubs
AU organic whole milk
from grassfed cows



Kendamil
EU organic whole milk
from grassfed cows



By Heart
USDA organic whole milk
*closest to breast milk with addition
of 2 breast milk proteins*



Bobbie
USDA organic
milk from grassfed cows

Disclaimer: There is no one best formula. There are pros & cons to every brand. What works best for one family might not work for another. This page is simply information to consider to make more conscious purchasing decisions & to find what works best for your baby.

Miscellaneous Information:

🔗 Postpartum Depression ❤️

🔗 Anchored Mind Counseling specializes in working with mother's experiencing postpartum depression. You are not alone

🔗 Chiropractic care and infants:

Parents often ask why a newborn baby should be checked by a chiropractor.

Pelvic Floor Therapy

Pelvic floor physical therapy can be a valuable resource before, during, and after pregnancy. A pelvic floor physical therapist can help support pelvic health, mobility, strength, recovery, and function throughout the perinatal season.

Ask Dr. Amy for recommendations to help you find a pelvic floor physical therapist who is the best fit for your individual needs.

*miscarriage
support*

Miscarriage Support:

mama

We are so sorry you are walking through this loss. As you grieve and your body begins to heal, we pray you feel surrounded by the love, grace, and nearness of God.

"Even when I walk through the darkest valley, I will not be afraid, for you are close beside me. Your rod and your staff protect and comfort me."

-Psalms 23:4

These recommendations are simply meant to support and nourish your body during this tender season. Be gentle with yourself, rest when you can, and know that you are cared for.

Nourishment for the healing season

- Red raspberry leaf tea
 - helps with uterine tone during recovery
- 🔗 • Shepherd's purse tincture
 - for menstrual support, postpartum care, circulation & inflammation
- 🔗 • Magnesium Glycinate
- 🔗 • Multivitamin with iron & vitamin A
- 🔗 • Vitamin D3 with K2
- 🔗 • Supportive Guide

with love & support,

A FINAL NOTE ABOUT YOUR CARE

The information in this guide is intended to provide general education, supportive recommendations, and resources throughout the perinatal season. It is not intended to replace individualized medical advice, diagnosis, or treatment.

Every pregnancy, postpartum recovery, and health history is unique. Recommendations in this guide may not be appropriate for everyone.

Before starting a new supplement, making significant dietary or lifestyle changes, or changing your current care plan, please discuss it with your OB/GYN, midwife, primary care provider, or other qualified healthcare professional.

When in doubt, reach out to your healthcare team and ask questions so your care can be tailored to you and your baby.