

[ **EXPRESSION** ]

JULY, 2003

**BIRTH: EXTRAORDINARY, MIRACULOUS...AND TRAUMATIC****INSIDE THIS ISSUE:****PRESIDENT'S  
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27 View Street  
Bendigo VIC 3550**bendigo@  
ozchiropractic.com****Fax (03) 5442 5790****ADVERTISING INFORMATION**

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Birth is indeed extraordinary, miraculous and yes, at times traumatic! If we currently adjust pregnant women, recommend some resource books and encourage the parents to have their new baby adjusted in the first days or weeks then we are doing what the average chiropractor who considers himself a family practitioner would be doing. Beware! This approach is asking for subluxated babies who may have difficulty breastfeeding, settling and bonding. What is wrong with this approach? To answer this we need to look at the two vastly differing schools of thought when it comes to pregnancy and birth:

**1) OBSTETRICALLY MANAGED BIRTH**

The philosophical position behind this model is that a pregnant woman is a patient and the pregnancy needs to be managed. It views the woman as unpredictable and inherently defective, and assumes that some degree of intervention is necessary in all births. It is the obstetrician's role to actively manage the pregnancy and birth.

Inherent with this model is the relinquishing of control and subsequent cascade of intervention, the spectrum of which includes:

- Induction of labour
- Epidural
- Mechanically assisted Birth: Forceps and vacuum extraction
- Caesarean Section

**2) HUMANISTIC BIRTH MODEL**

The Humanistic birth model is based on the philosophy that birth is an instinctual, natural process needing support, not interference. The wisdom that created the body knows how to birth the baby, and we need to unlearn the medicalisation of birth that we have all been exposed to through media and the collective community stories of birth in industrialised societies.

The application of this model is very much a hands off approach which allows the labouring woman to move freely around and be in a safe and secure environment where she is not continuously watched. Midwives who are trained in this model are the caregivers of choice, with Obstetricians used for the rare times that genuine need for intervention occurs. The woman is supported by people who are loving, nurturing and allow her to experience the pain, fear, joy and transformation of birth.



**Why is active  
birth better?**

**PRESIDENT'S REPORT**

**DR BRETT HOULDEN**



Well, here we are into July already, and I hope you are on track with your goals for the year. Our organisation is on target, and continues to head in the right direction. Our numbers at seminars continue to show that there are many people who want to learn more about SOT. There are many first-timers, as well as return participants going to an even greater level of knowledge, expanding their SOT horizons. I think that the main reason SOT is so popular is because it is one of the most holistic approaches to Chiropractic ever developed. It covers most aspects in a easy-to-use framework. It is also very adaptable and can have other techniques added on a bit like advanced modules. My love affair

with SOT began many years ago, and it continues to grow year by year. I continue to be amazed by the knowledge that has been accumulated over the years within the SOT community. Some of the old books are a real treasure-trove of information. Sometimes the anatomy and the physiology have been found wanting, because the measuring devices and visualisation devices that today we take for granted just were not there when these books were written. However, the techniques are real gems for every-day family practices. I would encourage you to take advantage of our SOT LIBRARY to source some of these texts, they are well worth a read. I am so looking forward to the Annual Convention this year. When I first saw Dr Steve Williams present in the year

2000, I loved his content and his presentation style. It is a real coup to get him to continue his trip to include Australia this year, following on from Omaha before he heads back home to the UK. Anyone who gets to the Gold Coast to see Steve will go home with a new swag of paediatric skills, ideas and techniques to adjust children and babies. This guy has some awesome knowledge and a very practical approach to adjusting kids. We also have Dr Mark Postles back by popular demand, presenting a topic close to his heart, "The Family Practice". This is a seminar for the whole team, get together, learn together and play together, to stay together. Have fun in practice.

Yours enthusiastically, Brett Houlden

**FROM YOUR NEW EDITOR.....DR HELEN SEXTON**

This edition of the newsletter brings with it warm greetings from your new editor. It is a delight indeed to work side by side with your committed, hard-working president (also my beloved) to bring you news from your organization. My own introduction to SOT care came in my early adolescence and I realized quickly that I needed to make a beeline for a career and a lifestyle in chiropractic. My chiropractic growth continues to be blessed by

the warm-hearted mentoring and sharing of many people who are members of SOTO. I'm hoping that as an organization we can continue to nurture this attitude of inclusiveness and support to both students and doctors in the field. Encouraging students to attend our seminar series and Annual Convention through financial support is a great way to advance the talent and skill within our organization.

Special thanks to Gen Keating for submitting her article on Models of Birthing, a fabulous kick start to some of the wonderful paediatric information coming out of our organization in the next few months. The upcoming Annual Convention on the Gold Coast is shaping up to be a seriously fun weekend of learning and connecting - see you there!

Helen Sexton

"It will be a seriously fun weekend of learning and connecting."

**STOP PRESS - CHANGE OF VENUE MELB CRANIALS**

Last minute renovations have necessitated that the Melbourne Cranial venue be altered from Bayview on the Park to:

**Eden on the Park**, 6 Queens Road, Melbourne 03 9250 2222 or toll free 1800 033 001



**Melb Cranials now at: EDEN ON THE PARK**

**BIRTH CHOICES .....(CONT. FROM PAGE 1)****Active Birth:**

Janet Balaskas is a childbirth educator, author and founder of the active birth movement. She pioneered the right of women to choose an active birth recognising that this created better outcomes for the mother and baby.

Women who used a more active approach to labour and birth were found to have significantly shorter labours, significantly less need for analgesics, and better birth outcomes. (I,ii,iii,iv)

**Why is an active birth better?**

- Utilises gravity, which makes contractions and pushing phase more effective necessitating less intervention.
- The pressure on the cervix is increased in the resting phase between contractions which speeds dilatation.
- The pelvic inlet faces forward and the outlet downward so upright posture encourages descent of the baby.
- Improved circulation. When supine the uterus and fetus increases pressure on the abdominal aorta and inferior vena cava, which compromises oxygen to the fetus and may cause hypotension and haemorrhage in the mother. (v)
- Utilises the posterior sacral and coccygeal movement that occurs due to hormonal softening of ligaments and pressure of baby's head. The pelvic outlet can widen by 30% in the squatting position compared to the supine or semi supine position. (vi)

Within the SOT framework of care there are many opportunities to optimise the ability of the mother to deliver naturally. Refining and increasing our technique repertoire to care for mothers and babies in this perinatal period is advantageous in family orientated chiropractic practices.

Most families are shunted into the obstetric model of birth without even realising that they have begun on a path that is well defined and orchestrated and will conclude with a greater chance of insult and injury to their baby and dissatisfaction for the parents to be. Our responsibility as SOT chiropractors extends beyond adjusting damaged subluxated babies. Encouraging investigation of the Humanistic birthing model begins parents on a unique and transforming journey which can maximize the potential for a gentle empowering birth experience and cultivate confidence in the wider experience of parenthood.

(i) Flynn AM; Kelly J; Hollins G; Lynch PF. "Ambulation in Labour" Br Med J Aug 1978 pgs 591-3

(ii) Caldeyro-Barcia R. "The influence of maternal position on time of spontaneous rupture of membranes, progress of labour and fetal head compression"

(iii) Mitie I N. "The influence of maternal position on duration of active phase of labour". I J Gynec Obstet 1974.12:181-3

(iv) Lui YC. "Position during labour and delivery: History and Perspective" Am J Nurs. 1974.74:2202-5

(v) Scott DB; Kerr MG. "Inferior Vena Cava pressure in late pregnancy" J Obstet Gynec Brit Com. Vol 70:1044-63

(vi) Russell JGB. "Moulding of the pelvic outlet". Br J Obstet Gynec 1969: 817-20

**"The pelvic outlet can widen by 30% in the squatting position"**



Make your impact on the whole family of those in your care.

Make sure your knowledge is up with your peers, sit the certification exam this November.

#### SOTO AUSTRALASIA

SOTO CO-ORDINATOR &  
SOT SUPPLIES  
AVERIL CREBBIN  
PO BOX 276  
WOOMBYE QLD 4559  
Phone: (07) 5442 3322  
Fax: (07) 54423322  
Email: sotoa@bigpond.com

#### CLASSIFIED ADVERTISEMENTS

##### Associates

Associate position with Karen Pedley and Ken Parker in Launceston, Tasmania, Australia available from end November/early December 2003. We have a thriving practice, an enthusiastic clientele, and a delightful environment and locality and require an SOT practitioner to complement the team. Resume to [pedleyparker@vision.net.au](mailto:pedleyparker@vision.net.au) Phone 61 3 63922105 anytime. More information and inducement available on your request

We are looking for a wonderfully energetic and committed *Chiropractor* who is attracted to wanting to work in a warm and friendly environment. The Clinic is focused on family preventative care and the techniques required are basically S.O.T., Activator and Manual. The atmosphere at the Clinic is always welcoming, caring, happy and relaxing and we are 100% dedicated to our clients and to the Chiropractic profession.

Please contact: Jillian McCrimmon-Sproul, Practice Manager, Westside Chiropractic Health Centre, 15 Neville Road (location - 2 minutes from the City on the western fringe), THEBARTON 5031. Ph: 08 82340085, Fax: 08 82348044

Highly Motivated Associated required to join growing Hobart practice. Excellent clinical and communication skills required. Knowledge of SOT and A.K. an advantage. Please contact 0417 164 468.

##### Practices for Sale

Modern SOT/Activator family wellness practice. This delightfully themed open plan office is prominently located in a charming original timber building in beautiful Bayside Brisbane. Established almost 5 years with strong subluxation family wellness care patient education and office procedures. Call Dr. Jeff Mathews on 0413 903 092 for details and a prospectus.

#### essential paediatrics

November 1 & 2, at

Gold Coast International.

Will be one of the best seminars of the year, and also includes

SOT's Annual General Meeting

on the 1st of November.

Come along for a catch-up and a fantastic seminar.

For info contact Averil: 07) 5442 3322



If you cannot get along, videos or DVDs will be available of the Essential Paediatrics seminar, call Averil.

**S O T ... An Essential Asset to Every Chiropractic Practice!**