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CONTACT: Dr. Michael Aho
Dr. Amy Shevokas
773-961-8970
info@crosstownchiro.com

DR. MICHAEL AHO & DR. AMY SHEVOKAS OF CROSTOWN CHIROPRACTIC EARNS WEBSTER CERTIFICATION TO BETTER CARE FOR PREGNANT WOMEN

Irving Park Neighborhood, Chicago, IL: Dr. Michael Aho & Dr. Amy Shevokas have completed the requirements needed to be officially Webster certified by the International Chiropractic Pediatric Association (ICPA) and is acknowledged by the ICPA as proficient in this specific chiropractic skill on 9/23/2017. Dr. Aho & Dr. Shevokas will better serve pregnant women who are preparing for safer and easier birth outcomes.

Webster certified doctors are taught gentle adjusting techniques, individual case management systems and evidence-informed practice to best care for pregnant women. In addition to this, doctors are given an in-depth view of birth and are provided with the necessary skills and resources to support women who want safer natural births.

Dr. Aho & Dr. Shevokas has undergone a written and a clinical exam for Webster Certification proficiency. This technique includes a specific chiropractic pelvic analysis and accompanying adjustment. The goal of the adjustment is to reduce the effects of pelvic misalignment and to restore normal function and balance in the pelvis.

In the care of pregnant women, this pelvic misalignment may lead to difficult labor for the mother (i.e. dystocia). Dystocia, as defined by William's Obstetrics, is caused by inadequate uterine function, pelvic misalignment, and baby malposition. Preliminary research indicates that chiropractic adjustments using the Webster Technique may have a positive effect on birth outcomes by addressing these three causes of dystocia.

This certification enables Dr. Aho & Dr. Shevokas to expand their range of care to individuals throughout pregnancy with excellence and in accordance with evidence-informed practice. "With the training and support of ICPA, we are thrilled to provide enhanced care for expecting mothers," shares Dr. Aho & Dr. Shevokas.

For more information about Crosstown Chiropractic please visit: www.CrosstownChiro.com. For more information about the ICPA program, please visit: www.icpa4kids.com

ABOUT ICPA

The International Chiropractic Pediatric Association (ICPA) is a nonprofit organization whose mission is to advance chiropractic by establishing evidence-informed practice, supporting excellence in

professional skills and delivering educational resources to the public. It fulfills this mission by engaging and serving family chiropractors worldwide through Research, Training and Public Education. Founded in 1986, the ICPA is the profession's oldest, largest and most sought out chiropractic pediatric association. For more information about the ICPA and chiropractic research, visit discoverkidshealth.com.