

Healthy Living

The prenatal, pediatric chiropractor

Chiropractor Dr. Cynthia Gabaldon specializes in treating pregnant women, babies and children at her practice in Baldwin Park.

By: [Brittni Johnson](#) //

It took Barbara Borgonovo 45 hours of labor before her daughter was born. On Friday, she labored for 24 hours, but then the whole process stalled. On Monday, she went into labor again for an entire day, working to bring little Pearl into the world. And then the labor stalled again. It was time to bring in a secret weapon – a chiropractor.

“We need to get this baby born,” Borgonovo remembers her midwife saying.

She was on the verge of heading to the hospital, but Borgonovo was resolved to have her daughter at home. They had to do something to get her body cooperating again. Her midwives called Dr. Cynthia Gabaldon, a chiropractor with a practice in Baldwin Park, to adjust Borgonovo.

Gabaldon took charge, full of confidence and determination to get Borgonovo’s labor going. She examined Borgonovo, and decided that an adjustment to align her pelvis – it was totally misaligned – would be key to easing the baby through the birth canal. A clear, straight path is important for the birth, Gabaldon explained.

She adjusted her, and the pain lessened, labor became easier. Borgonovo felt more relaxed.

“The peace of mind that your body was in better shape,” she said.

Just a few hours later, Pearl was born.

PRENATAL CARE

Gabaldon has been a part of hundreds of births. She specializes in prenatal and pediatric chiropractic care, and while she treats everyone, 80 to 90 percent of her business is that demographic – babies, children and pregnant women.

She adjusts women to make sure their pelvises are aligned during labor, to relieve back pain and headaches, and to make their pregnancy more bearable overall. An adjustment can make the difference between a six-hour labor and a 20-hour labor, and that, she said, is vital to the time when a mother needs the strength to finally push the baby out.

She’s even capable of making a breech baby have the room to turn around. One mother’s doctor said she would have to have a caesarian-section with no other option. Gabaldon used Webster’s Technique, aligning the spine and pelvis and allowing the uterus to regain its normal shape to give the baby room to turn around. Many times a uterus is sort of pinched tighter from misalignment, leaving not enough room for a baby to move, she said. In one adjustment, her child



Opposite page: Dr. Cynthia Gabaldon adjusts her son Elian Urdaneta, who is 16 months old. Photos by Sarah Wilson

spun around, head down, and she was able to give birth naturally.

“Now, a lot more women are wanting to take control of their own birth,” Gabaldon said.

She’s able to empower and educate them, and give them another option to make their pregnancy easier and done more naturally, when the odds are initially against it.

Gabaldon’s own experience with her daughter’s birth inspired her specialization. She was in labor for hours, but her daughter’s head was tilted and unable to push through. An adjustment would’ve fixed that problem, but no one would do it. She was devastated to have to have a caesarian-section.

“I was so disheartened that I couldn’t have the birth of my dreams,” she said.

So she decided to fill that void in the field.

PEDIATRIC CARE

She’s also one of the only chiropractors in the area that will take care of babies.



She jokes that she's not afraid of them. Her son Elian is just 16 months old, and loves getting an adjustment from mom. She sweetly exclaims, "let's twist you like a pretzel" as she twists his spine, similar to any adjustment done on an adult but with a gentle hand. He giggles, loving every bit of it. She'll

ask children to listen for the "popcorn" of their back popping as a game during the adjustment, and her 5-year-old daughter happily demonstrates for nervous kids.

Adjustments can relieve ear infections and colic, and help a baby whose jaw needs adjustment to better latch onto their mother for breastfeeding, she said. She's corrected a drift eye and helped a baby keep her head lifted straight. Moms always say one thing – the baby is so calm afterwards.

"This is something that is a real value to the people here," said her husband, Vince Urdaneta.

It's a great resource for all the young families who live in Baldwin Park, he said. And Gabaldon is deeply passionate about her work, spending time with every mother, serving as someone they seem to look up to. She can't believe she can combine her two loves, chiropractic care and motherhood, into one career.

"I never imagined I'd do something so rewarding," she said. *

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