

labor POSITIONS

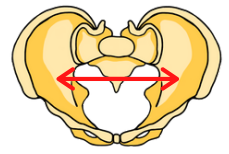
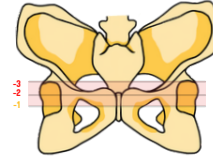
STAGE
pelvic inlet

BABY MOVEMENT
<i>Downward movement so baby's head engages in inlet</i>
MAMA MOVEMENT
<i>External rotation of femurs - knees WIDE Posterior pelvic tilt - tucking tailbone under</i>

STATION
-3, -2

WIDEST
SIDE TO SIDE

<i>intuitive</i> MOVEMENT
FORWARD/ BACKWARD ROCKING



independent



STABILITY BALL HUG



WALKING



DEEP SQUAT



SITTING ON TOILET SEAT BACKWARD

assisted



DANGLING UPPER
ARMS ON PARTNER
FULL SQUAT W LEGS WIDE



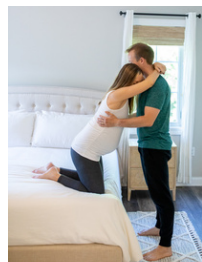
SACRAL COUNTER
PRESSURE
@ TOP OF ILLIUM



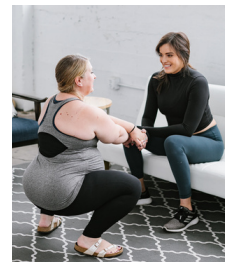
SLOW DANCE



LAP SQUAT



TALL KNEELING W PARTNER



ARMS CROSSED AT FOREARMS
DEEP SQUAT, LEGS WIDE, HIPS EXTERNALLY ROTATED

labor POSITIONS

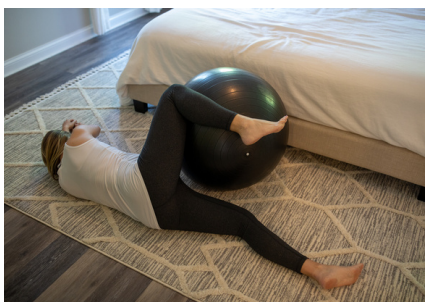
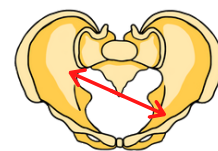
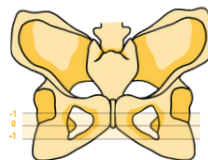
STAGE
mid pelvis

BABY MOVEMENT
<i>Rotate through space</i>
MAMA MOVEMENT
<i>Side to side Diagonals Uneven hips Hip external + internal rotation</i>

STATION
-1,0,+1

WIDEST
DIAGONAL

<i>intuitive</i> MOVEMENT
SIDE TO SIDE/ DIAGONALS



SIDE-LYING BALL



HALF KNEELING LUNGE



SIDE LUNGE



FOOT ON STEP, WIDE KNEES



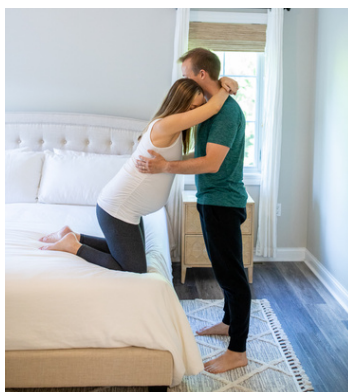
WALKING STAIRS



HALF KNEELING ON STABILITY BALL



SEMI-SITTING w PARTNER



ROCKING w PARTNER



SEATED ON STABILITY BALL

independent

assisted

labor POSITIONS

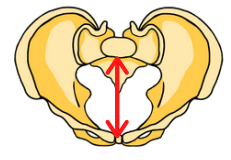
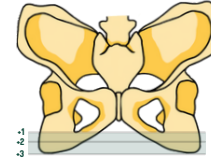
STAGE
pelvic outlet

BABY MOVEMENT
<i>Baby rotates as head comes under pubic bone</i>
MAMA MOVEMENT
<i>Internal rotation of femurs (knees in, feet out) Sacral/tailbone out of the way Allowing pelvic floor to relax Breathe baby out</i>

STATION
+2, +3

WIDEST
FRONT TO BACK

<i>intuitive</i> MOVEMENT
FRONT TO BACK ROCKING



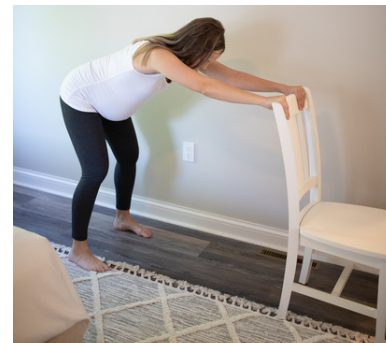
SIDE-LYING
ANKLE ELEVATED, KNEE UP



ON BACK
TOWEL UNDER ONE SIDE, PROPPED UP



QUADRUPED
ANKLES OUT, KNEES IN, ROCKING



1/4 SQUAT
KNEES IN, TOES OUT, ROCKING

independent