Wovement and positions in labour

Movement is about understanding how the bones of the pelvis move to create space for the baby as the baby descends and rotates.



Contractions Every 5 contractions change position







CHANGE POSITION

The 4 basic positions to use:

1. standing

2. seated

3. all fours

4. reclined



The 3 ways to change space within these positions

- = Change space 1. thigh rotation (knees together/apart)
 - 2. pelvic tilts (anterior/posterior tilt)
 - 3. asymmetry (lunge/one leg on a chair)











CHANGE POSITION











MOVE