



## Movement and Positioning Workshop

### Why is this workshop important?

Our goal is to help you have a fastER, easiER labor by understanding baby's position in relation to your body, how it impacts labor, and what you can do about it.

### What is Optimal Fetal Positioning?

<https://spinningbabies.com/learn-more/baby-positions/other-fetal-positions/left-occiput-anterior-1-0a/>

### Know the Vocab!

Vertex - Baby's head is down (towards the pelvis)

Breech - Baby's head is up/butt is down

Right - The pregnant person's right side

Left - The pregnant person's left side

Occiput - The back of the baby's head (also, the smallest part of the baby's head when exiting the body)

Anterior - The pregnant person's front

Posterior - The pregnant person's back

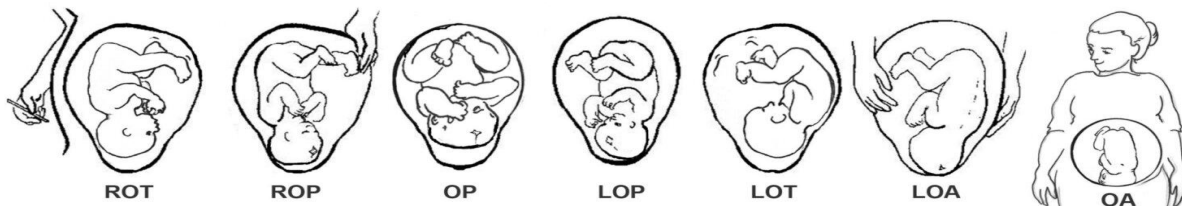
Transverse - "Occiput transverse" means baby is facing sideways rather than anterior or posterior. This is different than a "transverse lie," which means baby is laying sideways in the uterus.

### Acronyms

LOA - Left occiput anterior - Baby is head-down (vertex), back of the baby's head is toward the pregnant person's left side

ROA - Right occiput anterior - Baby is head-down (vertex), back of the baby's head is toward the pregnant person's right side

OT - Occiput transverse - Baby is head-down facing sideways (to varying degrees) toward pregnant person's right or left side

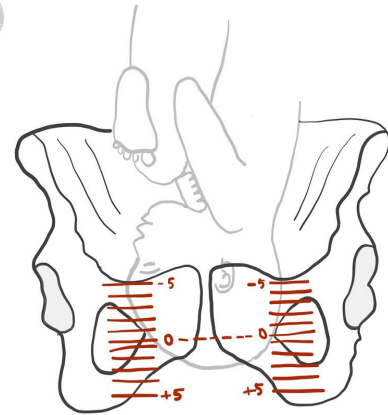


### Baby's Station

Station refers to how high or low the top of the baby's head is in relation to the pelvic bone.

EM

Pelvic markers	How high?	Numbers you may hear
Inlet	High	-5 ("Minus 5") -4 -3 -2 -1
Midpelvis	Middle	0 +1 +2 +3 +4
Outlet	Low	+5 ("Plus 5")



courtesy of David F. Toro

### Station vs. Dilation

- Dilation refers to how open/closed the cervix is. This is measured in centimeters, with 0cm being a completely closed cervix and 10cm being fully open.
- Station is more important than dilation in terms of positioning and engagement, but dilation is almost always the focus.
- Both of these things can be determined during a cervical check - ask your provider what baby's station is, because they may not think to mention it.

### Extension & Flexion

Extension - Baby's head is extended as if they're glancing upwards

Flexion - Baby's head is tucked in towards their chest. A flexed head sends the occiput (the smallest, most moldable part of baby's head) through the pelvic bones first.

### Belly Mapping (™)

Get to know your belly and your baby

- <https://www.spinningbabies.com/pregnancy-birth/baby-position/belly-mapping/>



**Other things that can help with fetal positioning: Body work**  
 Chiropractic care, Traditional Chinese Medicine, Massage

**TO DO...OR NOT TO DO**

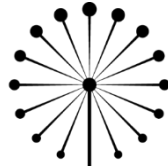
**What to avoid during pregnancy:**

- Reclining, bucket seats, closed knee positions (including leg-crossing)

**Instead try:**

- Lay down on your side, sit on a birth ball, turn your chair around backward

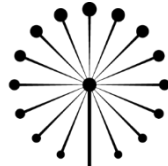
Positioning Things To Do	More info	When to do it and for how long
<b>Hands and Knees aka Tabletop Pose</b>	Creates the belly hammock so the heaviest part of baby's head can swoop around to your front, so baby is facing your back.	<b>20 weeks</b> At least 5 minutes at the end of the day to "undo" any wonky positioning that may have happened during the day (bonus - add in belly sifting!)
<b>Belly Sifting - taking Tabletop to a whole new level</b>  <b>Things to consider:</b> Anterior placenta/issues with placenta  This should be a gentle movement!	<a href="https://www.youtube.com/watch?v=NIgbl71g9W8">https://www.youtube.com/watch?v=NIgbl71g9W8</a> Skip to 50 seconds to get to the sifting, or watch the whole thing to get a reminder about what it's for.  <a href="https://youtu.be/rG8WKzH04wI">https://youtu.be/rG8WKzH04wI</a>  <b>Belly sifting is not about moving the baby! It's about relaxing the abdomen and pelvis so that baby can shift to a more optimal position if needed.</b>	<b>EVERY DAY: This is great for every day, as early as 20 weeks</b> 5 minutes, or longer if it feels good.



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<p><b>Forward-leaning inversion</b></p> <p><b>Specific contraindications (check with your provider):</b> High blood pressure, glaucoma, high amniotic fluid levels, placenta/bleeding issues</p>	<p>-Start small - try it on the floor with a pillow (or yoga bricks) under your knees. Lean forward slowly until you can rest your elbows on the floor.</p> <p>-Use a spotter if trying to do it off the edge of the couch or bed.</p> <p>-Start completely upright and end completely upright</p> <p>-Remember the “mermaid dismount”</p> <p><a href="https://www.spinningbabies.com/pregnancy-birth/techniques/forward-leaning-inversion/">https://www.spinningbabies.com/pregnancy-birth/techniques/forward-leaning-inversion/</a>  <a href="https://www.youtube.com/watch?v=ZhNbuH-v5vs">https://www.youtube.com/watch?v=ZhNbuH-v5vs</a></p> <p>The FLI is about <i>creating space</i> in the pelvis by allowing the uterus to hang upside down, stretching and straightening out the ligaments that anchor it to the body.</p>	<p><b>EVERY DAY: This is great for every day, as early as 20 weeks</b> 30 seconds only, or 3 breaths.</p>
<p><b>Side-lying Release</b></p> <p><b>Specific contraindications:</b> Hypermobility, Pubic Symphysis Dysfunction</p>	<p>-A static stretch that <i>balances</i> the muscles of the pelvis (including the pelvic floor muscles) and hips (and should help with hip discomfort!)</p> <p>-Flex the feet!</p> <p>-3-5 minutes per side</p> <p><a href="https://www.spinningbabies.com/pregnancy-birth/techniques/side-lying-release/">https://www.spinningbabies.com/pregnancy-birth/techniques/side-lying-release/</a>  <a href="https://www.youtube.com/watch?v=-e4EXjcN7yE">https://www.youtube.com/watch?v=-e4EXjcN7yE</a></p>	<p><b>EVERY DAY: This is great for every day, as early as 20 weeks</b> 3-4 minutes per side</p>
<p><b>Walk!</b></p>	<p>Keep up a brisk-ish pace - think about rocking your baby into position Increases stamina for labor</p> <p><b>If you do nothing else from this entire workshop, do the walking.</b></p>	<p><b>EVERY DAY: This is great for every day throughout pregnancy</b> 15-20 minutes a day</p>
<p><b>Prenatal Yoga</b></p>	<p>Good for the mind, body, and spirit There are several great classes around town, ask your doula for resources!</p>	<p><b>Whenever you are able to</b></p>



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<b>Curb Walking and Side Lunges</b>	Makes use of asymmetry Only use when confident baby is vertex and occiput anterior Keep feet perpendicular to one another to help keep hips open	<b>When your doula specifically recommends it</b>
<b>The Miles Circuit</b>	Your doula may recommend this to you as you're in early labor, in certain cases. <a href="http://www.milescircuit.com/">http://www.milescircuit.com/</a>	<b>When your doula specifically recommends it</b>



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## WHAT DOES THIS LOOK LIKE IN REAL LIFE?

**We strongly encourage you to do some movement and positioning practice daily,** beginning as soon as you've learned it. All the things below are safe to do as long as your health care provider has not given you any instructions about changing your exercise routine. You'll have different levels of time and energy on any given day. We encourage you to do the most you can do, but also be kind to yourself and give yourself some grace on the tough days. There are options below...some days will be best days and others, not so much :-)

### **Best Practice A - Time and energy for all the things!**

- Belly Sifting - 5 minutes
- Forward-leaning inversion - 30 seconds only, or 3 full breaths.
- Side-lying release - 3-5 minutes per side
- Walking - 15 minutes

Total time: About 30 minutes

### **Best Practice B - Plenty of time and energy!**

- Prenatal yoga - 30 minutes (more is great if you're down for it)

### **Pretty Good Practice A - Time and energy for some of the things.**

- Belly Sifting - 5 minutes every day
- Forward-leaning inversion - 30 seconds only, or 3 full breaths.
- Side-lying release - 3-5 minutes per side

Total time: 15 minutes

### **Pretty Good Practice B - Time and energy for some of the things.**

- Walking - 15 minutes

### **Baseline Practice - Look People, I Can't Do Anything Extra.**

- Five minutes on hands and knees before going to bed