

Movement and positions in labour

5-4-3 Rule

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



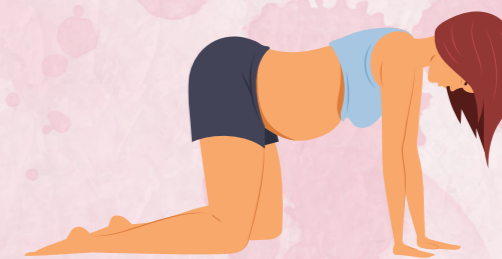
5 = Contractions Every 5 contractions change position

CHANGE POSITION

4 = Positions

The 4 basic positions to use:

1. standing
2. seated
3. all fours
4. reclined



MOVE

3 = Change space

The 3 ways to change space within these positions

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



CHANGE POSITION



MOVE

