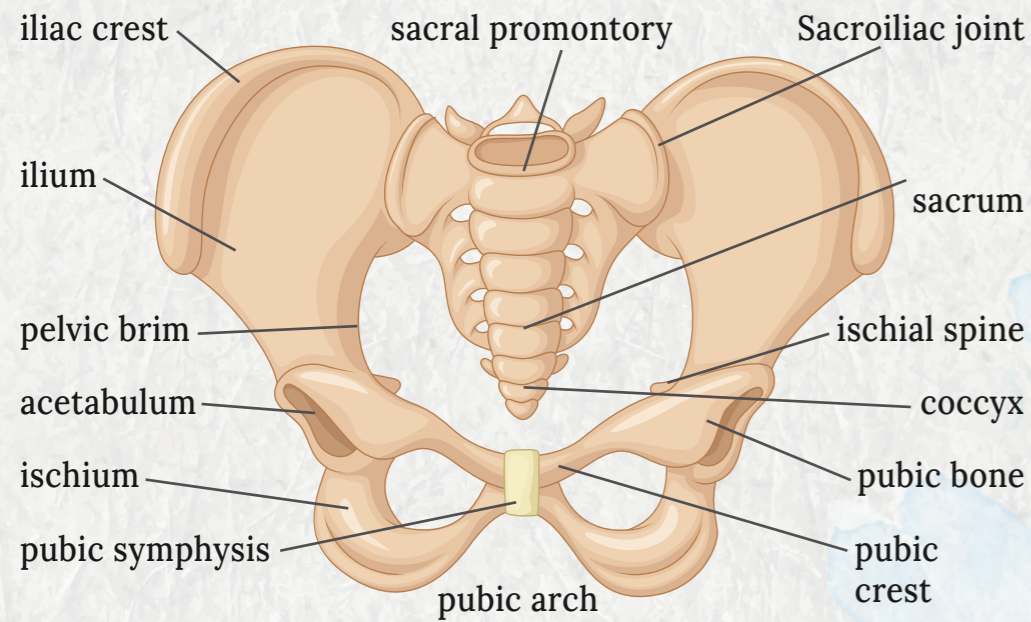
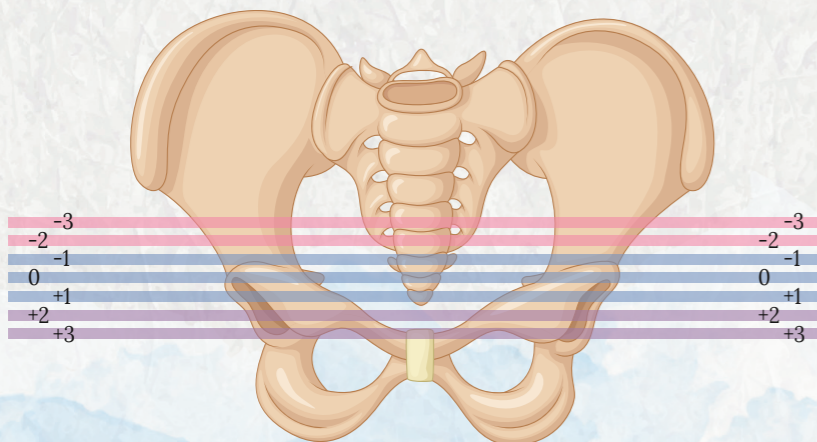


Pelvis, Pelvic Stations & Foetal Positions



The station refers to where the baby is in the pelvis.

Open the pelvis where baby is.



Where is the baby located in your pelvis?
Station can help explain how high or low the baby is!

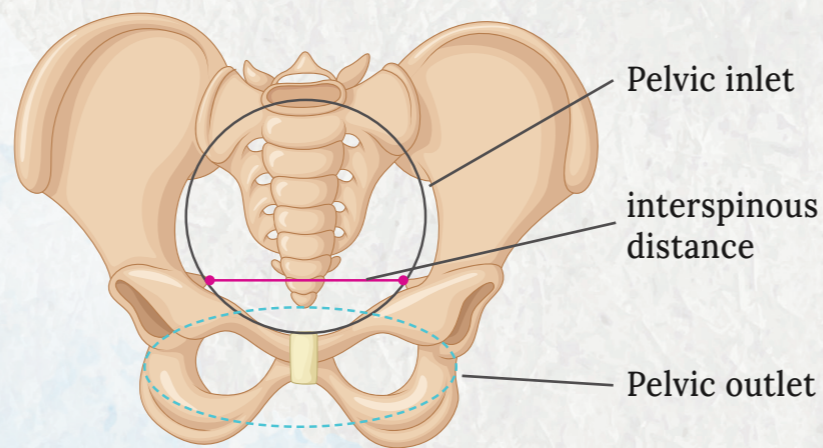
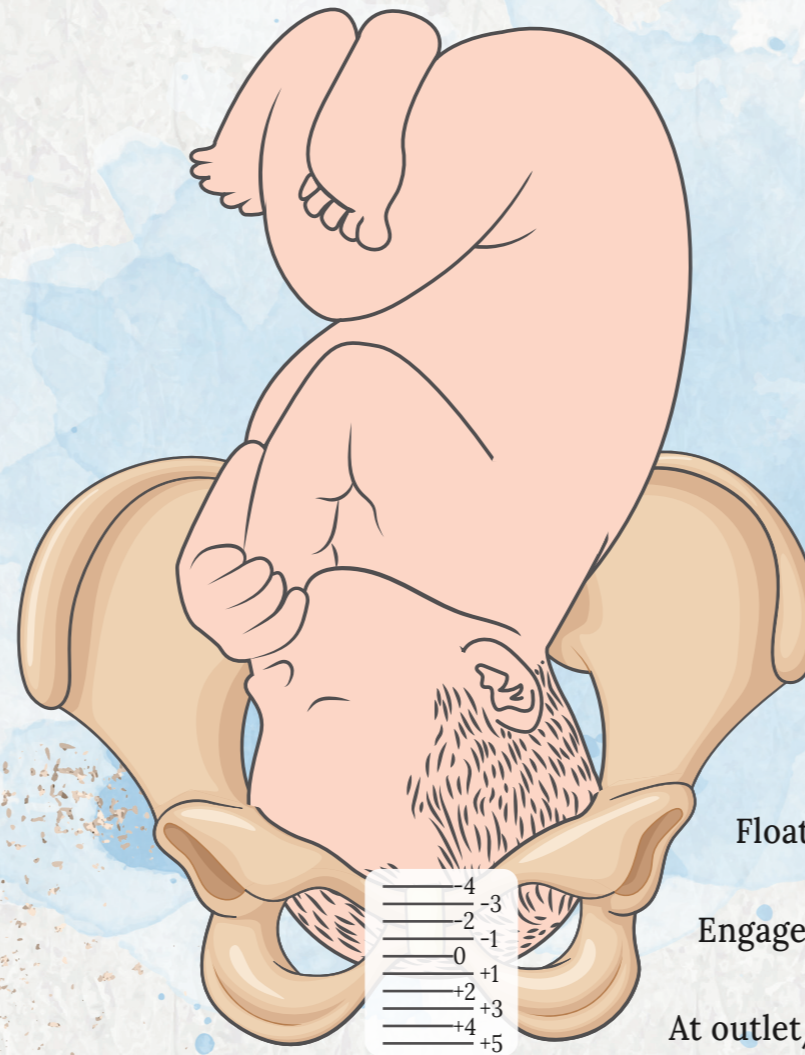
Pink lines = focus on opening the inlet

Blue lines = focus on opening the midpelvis

Purple lines = focus on opening the outlet (time to push)

Foetal station is measured based off the relationship of the presenting portion of the baby and the ischial spines!

High baby, wide knees



The pelvis has three main spaces within it – the **inlet** is the top area of the pelvis or the top plane of the pelvis, where the baby enters in. The mid pelvis, which is midway through the pelvis – **cavity**. The **outlet**, which is at the bottom of the pelvis where the baby comes out.

The foetal position refers to how the baby is presenting through the pelvis. Is the back of the baby's head along the right side of the mom's body? Is it along the left side of the mom's body? Is it towards the back? Is it towards the front?

