

Prenatal Positioning & Stretching

Daily Range of Motion

We recommend daily movements to increase a range of motion in joints and develop supple, long muscles.

- ◆ Walk, calf stretch, squat, forward lunge, etc.
- ◆ Hip opener, side lunge, psoas stretch, etc.
- ◆ Forward-leaning Inversion

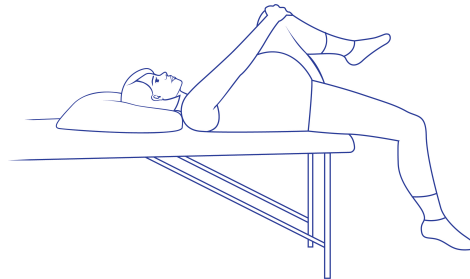
*Avoid if there are contraindications.



Scan the QR code for more information.

Psoas Lengthening

1. Turn from lying on your side to lying on your back on your bed or a massage table. Move your buttocks to the very edge of the bed.
2. Bring one knee to the side of the abdomen to hug with both hands. Hug gently.
3. Let the other leg hang gently off the bed. Position yourself so the entire leg can hang from the crease of the buttocks. The hanging weight of the leg allows the stretch.
4. After 30 seconds to a minute, raise the hanging leg into the hugging position and allow the other leg to hang.



Scan the QR code for more information.

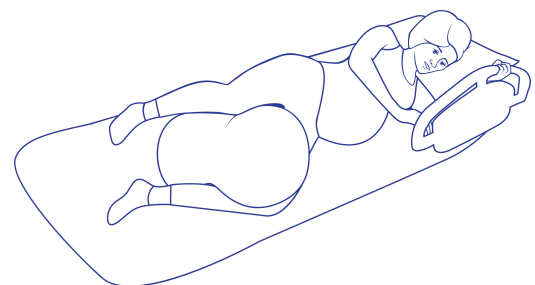
Do each leg for 20-60 seconds, 1-2x a day.

Rest Smart

- ◆ Maternal positioning to promote gravity, muscle relaxation, open pelvis and optimal fetal positioning.
- ◆ Think of your belly as a hammock and that you want baby's back to be nested within the curve of your belly.
- ◆ Belly button should always be pointed straight forward or aim down (not angled up if possible)
 - A short exercise or exam is an exception
- ◆ Sitting
 - Sit up on your sitz bones (not back on your sacrum) with knees lower than your hips and back upright
- ◆ Side lying resting
 - Lay on your side with a pillow between your knees and your ankles supporting a balanced position



Scan the QR code for more information.



Three Sisters of Balance

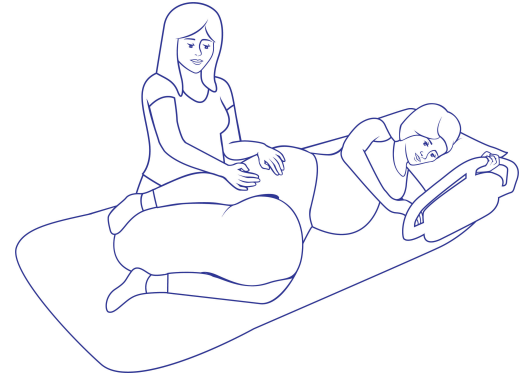


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Jiggle

Oscillating the tissues may reduce pregnancy discomfort and ease the body's response to contractions while birthing.

1. The mother should lie comfortably with support under the knee and ankle. Don't let the top ankle hang.
2. The partner sits comfortably without reaching or twisting. The partner begins with a slow, tiny jiggle. They can use one or both hands. Begin in the direction of ease. Oscillation increases with repetition, not because your hand gets more vigorous. Be gentle. Let the mother's body set the pace.
3. After a few moments in one spot, notice how ripples move under the skin. When the mother's body is ready, the partner should move to another part of the hips, buttocks or thigh and continue.

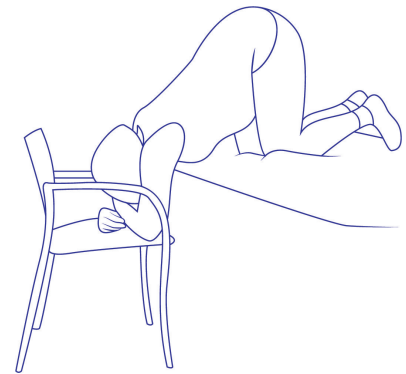


The pace is ideal when both people breathe to relax. Less is more. Be subtle and patient. Jiggling only two minutes may suffice or you may jiggle up to 20 minutes. Repeat freely. Doing both sides is optional.

Forward-Leaning Inversion

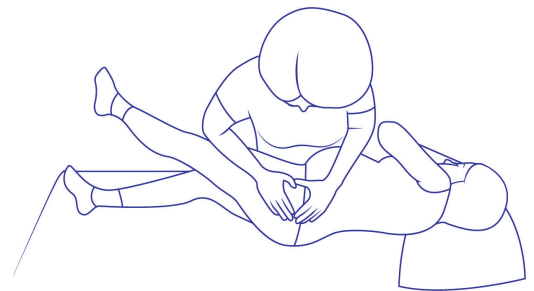
In pregnancy, allows for proper fetal positioning and therefore a more comfortable pregnancy. In labor, makes room for good fetal position to let baby come down and open your cervix easier.

1. Let baby come down and open your cervix easier by carefully resting upside-down to adjust your cervical ligaments.
2. On your knees, hold the edge of the bed and lower yourself to your elbows. Tuck your chin and relax your belly. Hold for 30 seconds or through one contraction.
3. Coming up to kneeling creates more ease in the cervix and reduces back pain. Repeat as needed.



Side-Lying Release

1. The weight of the hanging leg lengthens muscles, making them supple. Reduce pain and help baby rotate to fit better.
2. The nurse or birth partner helps your hips remain stacked, absolutely straight at 90 degrees from bed. Don't let your hips or shoulder tip.
3. Rest like this for 2 – 3 contractions on each side for best results. Useful to improve baby's position and ease labor.



Credit: Spinning Babies



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