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1) FORWARD LEANING INVERSION

- The weight of the uterus gives a gentle stretch to the cervical ligaments as the uterus hangs freely.
- Hanging causes a gentle stretch that signals the body to unwind these ligaments, creating more space in the lower uterus.
- Your pelvic fascia (or soft tissue) will be activated by doing this technique.
- The baby can then use that space—with the natural pull of gravity—to snuggle into a more ideal position for birth.
- It is the going back up part that is the real technique here, not the inversion itself!
- All pregnant women without a contraindication can do the Forward-leaning Inversion in pregnancy and during each phase of labor (early, active, and pushing).



2) SIDE LYING RELEASE

- SLR uses a slow stretch to temporarily and slightly enlarge and soften the pelvis.
- SLR is not lying on one side. The weight of the leg in Side-lying Release gives a stretch to muscles to elicit a stretch response and 'Make room for the baby.' ~Dr. Carol Phillips, DC's side and leaning your leg over!
- The pregnant person chooses which side she feels more comfortable with first, but **be sure to do this on BOTH sides so the pelvic floor is more even. This is very important!**
- Weekly or more in pregnancy. In any early labor. In any active labor if person desires comfort or progress. In a labor that has a start and stop pattern. In those labors that are long, delayed, or that have malpositions. Before thinking the cesarean is the only way to end a labor in which it seems baby is too big.



3) SHAKING THE APPLE TREE

- This can be done with your hands evenly on the buttocks and giving the buttocks a long, rhythmical and mild shake. Jiggle as long as 10-20 minutes if the birthing woman finds this pleasant. Check in with them to make sure your efforts are relaxing!
- Loosen the fruit by giving the branch a rhythmic jiggle! Jiggling activates the stretch sensors of the muscles. The muscles in the area of this jiggle release tension and get temporarily a tiny bit longer. Longer muscles create more room for baby to move.



4) ABDOMINAL SIFTING

- Use a rebozo, shawl or scarf to gently sift (or rock) the abdomen.
- This can soften the broad ligament and increases the likelihood of successful optimal positioning of the baby when used in conjunction with *sidelying release* and *forward leaning inversion*.
- **Early Labour and first stage.** Also provides comfort in labour and promotes relaxation. It stimulates the parasympathetic response, ie. slows the heart rate and relaxes muscle. *Sift in-between contractions.* Can be done for as long as the woman wants.
- **Caution: if anterior placenta or history of APH, be gentle, not vigorous.**

