

Six Mechanisms That Promote Progress in Labor

Spinal Flexion

C-curve for alignment of baby's entry into back of pelvis

Utero-Spinal Drive Angle of Uterus

Drives baby's head directly over the cervical opening and into the pelvis, thus increasing the efficiency of contractions

Producing Strong Expulsive Forces

Stronger, more efficient contractions that are also less painful

Promoting a "Good Fit"

Mom and baby are able to work out the best pathway

Increasing Pelvic Diameters

Opens more space inside the pelvis

Facilitating Rotation

Prevents or corrects OP deflection, movement towards OA, and resolves persistent asynclitism

If you can't move the baby – move the mother!!