

SPINNING BABIES





A protocol for repositioning any malpositioned fetus

The Three Principles of Spinning Babies are

1. Balance
2. Gravity
3. Movement

Balance the pelvis and womb and most babies will reposition themselves shortly afterwards.

Fetal repositioning comes along a spectrum of success. For many women gravity-friendly posture is enough. Perhaps a quarter of women need more than gravity and movement. Uterine balance is needed first. In other words, if maternal positioning has not turned the baby, consider techniques to either relax or support the womb (including uterine ligaments, pelvic joint symmetry, and myofascia release) -- *Then* try gravity again.

			
<p>Lift the womb up into the hammock of the Rebozo freeing her broad ligament. Now jiggle, fast & gentle, for 2 minutes. Stop for contraction.</p>	<p>Knees are soft, not locked. Extremely light pressure front to back, then follow the flow of the mother's response.</p>	<p>Dr. Carol Phillips promotes the forward-leaning inversion to stretch and then relax tight cervical ligaments. Mother's chin is tucked to release pelvis</p>	<p>Hips & shoulders straight up, top leg hangs forward freely.</p>
<p>Rebozo sifting (jiggling)</p>	<p>Standing sacral release</p>	<p>Forward-leaning inversion</p>	<p>Side-lying pelvic floor release</p>

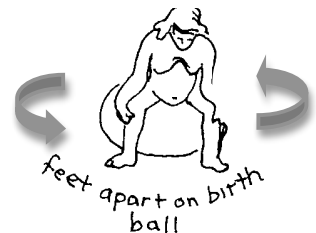
In the proper order, the 3 Principles guide your choice of techniques in pregnancy and in labor.

1.) Balance In this order: Rebozo sifting; the Standing Sacral Release; (Manteada); and the Inversion. These techniques help the soft tissues become free of torsion (twisted fascia or a spasm in the ligaments).



2.) Gravity "Rest Smart" If the navel were a flashlight, it would point downwards, quickly or gradually coming to light the floor or mattress. Jean Sutton recommends knees lower than hips, belly lower than spine. Follow long car rides with a standing sacral release (Phillips).

3.) Movement, Circles on the ball; the abdominal lift (with pelvic tilt/tuck); crawling; walking normally and/or sideways up the stairs; slow dancing; and/or swish freely in a deep water birth pool. Contractions themselves can be effective in rotating the baby. Vertical birthing positions with soft knees (not locked or straight legs) help the baby rotate and descend. Repeat all 3 Principles, as needed.



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Photo of sacral release by Gail Tully, Photo of Manteado by Kathy Tully. Photo rights to Inversion photo belongs to Carol Phillips, DC, who graciously gave permission for its use. Carol Phillips, DC, taught me the standing sacral release, inversion and pelvic floor release.