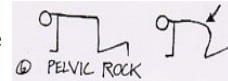




POSTERIOR POSITION

A baby in posterior position means that your baby's back is against your back. When in labor it is preferable that your baby be in an anterior position. A baby in a posterior position causes a longer labor, back labor, more pain, higher transfer rates and higher risk of a need for a c-section. From this point on in your pregnancy until you give birth, my recommendations to encourage your baby into an anterior position are:

- NEVER be in a reclining position. This encourages the heaviest part of your baby, it's back to move to the back.
- Do pelvic tilt exercises 30x twice a day
- Sit on a birthing ball.
- Tailor sit (Indian style) whenever possible to encourage the uterus to stay forward.



Also chiropractic care and acupuncture have been found to be very effective.

As always, call me with any questions or concerns.

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Exceptional Midwifery Care ~ Specialized in Underwater Birth.