NHS
Ashford and St. Peter's Hospitals
NHS Foundation Trust

We can provide interpreters for a variety of languages, information in larger print or other formats (e.g. audio) - please call us on 01932 723553.

To use the Text Relay service, prefix all numbers with 18001.

اگر نیاز به ترجمه دارید، لطفا با شماره 01932 723553 تماس بگیرید.

ਜੇ ਤੁਹਾਨੂੰ ਤਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ ਤੇ ਫੋਨ ਕਰੋ: 01932 723553

اگرآپ اِس کا اُردو زبان میں ترجمہ چاہتے ہیں، تو براہِ کرم اِس فون نمبر 01932 723553 پر رابطہ کریں

Se precisa de uma tradução por favor contacte: 01932 723553

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

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Biomechanics

Maternity

Patient Information

Antenatal techniques to encourage a comfortable pregnancy and an easier labour

IMPORTANT: Please ensure you have someone to assist you with these techniques at home.

These positions can be done from 28 weeks of pregnancy onwards.

Benefits of Side-Lying Release (SLR) and Forward-Leaning Inversion (FLI)

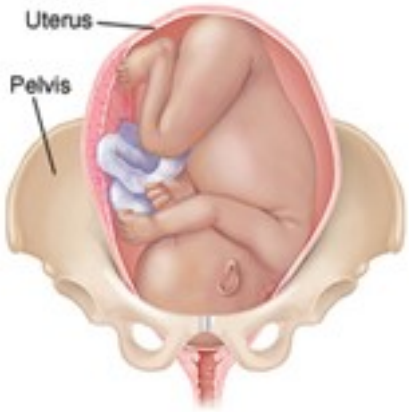

Illustration from fairview.org

Side-Lying Release

Can be done up to 3 times a week

Increases pelvic mobility, leading to better sleep in pregnancy and less intense contractions in labour.
Makes room for your baby to turn into a better position, which then facilitates descent during labour.

Cover picture from artranked.com, unknown author

Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty.
If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email asp-tr.patient.advice@nhs.net. If you remain concerned, the team can also advise upon how to make a formal complaint.

Author: Maternity Team **Department:** Maternity
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Forward-leaning Inversion

Can be done daily

Creates room in the uterus. Your baby can then use that space - with the natural pull of gravity - to snuggle into a more ideal position for birth.

How to do Side-Lying Release at Home

Important: do this position on both sides

Do three times a week

1. Lay on your side on a hard flat surface, ensure your head is level on pillow and neck is straight.

2. Get as close to the edge of the bed as possible, your bump should extend off the edge (approx. 2 inches between your hip and the edge of the bed).

3. Ensure you are holding onto your helper / back of a chair with upper arm.

4. Straighten your lower leg, toes flexed up towards the knee.

5. Once in position, lift your upper leg and slowly let it hang off the bed floppy, in front of you.

6. Your partner holds your hip in place with some pressure in order for your hips to be stacked.

7. Hold this position for 2 - 3 minutes.

How to do Forward Leaning Inversion at Home

Do daily

1. Kneel on the edge of the bed / sofa whilst supporting yourself with hands on either side.

2. Slowly walk your hands towards the floor. Once you feel stable, lean on your forearms.

3. Ensure your hands come together in the shape of a triangle and your elbows are pointing outwards.

4. Tuck your chin towards your chest - ensure your head does not rest on the floor. Hold position for 30 - 40 seconds. Breath deep.

5. Slowly get back up and end by resting back on the bed kneeling high for 1 minute. Keep breathing.

Contraindications: do not do if you have high blood pressure, glaucoma, polyhydramnios (excess amniotic fluid) or have been having some bleeding.