



OPTIMAL FETAL POSITION DR KAREN SINGH

Mommas birth easier when educated & empowered.
Chiropractic Care & Spinning Babies provides a
unique perspective on physiological natural birth.
Prepare your mind & body to birth with us.

*laugh. sing. dance. glow.
let the oxytocin flow.*

www.drkarensingh.com

OCCIPUT ANTERIOR

LOA

This is the ideal fetal position to help the baby through the birth canal. The crown of the head enters the pelvis first in a chin tucked position.



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Chiropractic Care
Three Balances
Psoas Release
Spinning Babies Techniques
Diaphragmatic Release
Daily Activities
Weekly Activities

labour

Early Labour Chiropractic Care
Dip The Hip
Abdominal Lift & Tuck
Open The Brim
Lunge
Open The Outlet
Standing Sacral Release
Rebozo
Shake The Apple Tree

OCCIPUT POSTERIOR

OP ROT ROP LOP

The spine is extended not flexed. The crown of the head is not aligned and leading the way. Back labour can be long and painful leading to more intervention & birth trauma.



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Chiropractic Care
Massage (Pelvis & Perineum)
Three Balances
Drip The Hip
Psoas Release
Diaphragmatic Release
Daily Activities
Weekly Activities Pelvic Tilt
Forward Leaning Inversion
Pelvic Tilt (Sacral Mobility)
Dip The Hip (Figure of 8 QL Release)

labour

Early Labour Chiropractic Care
Three Balances
Side Lying Release (3 Contractions)
Abdominal Lift & Tuck
Walchers – Open The Brim Lunge
Open The Outlet (Pushing Phase)

BREECH

FRANK COMPLETE FOOTLING

The head & spine is extended. The crown of the head is not correctly aligned with the birth canal. Back labour can be long and painful leading to more intervention & birth trauma.



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Webster & Chiropractic Care
Three Balances
Forward Leaning Inversion
Breech Tilt
Side Lying Release
Pelvic Tilt (sacral mobility)
Dip The hip (Figure of 8 QL release)
Psoas Release
Pelvic Massage
Rebozo
Hip Circles

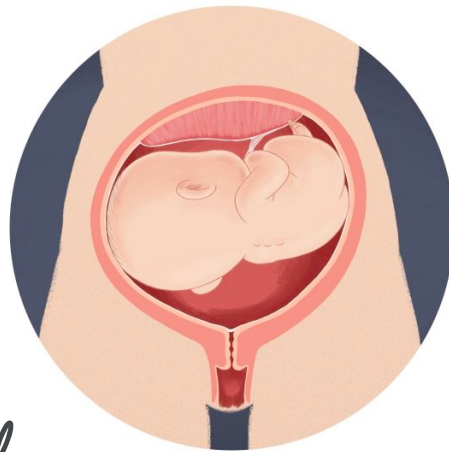
labour

Standing Sacral Release
Psoas Release
Pelvic Floor Release
Side Lying Release
The Lunge
The Dangle
Delay Pushing (2-5 Contractions)
Rest Smart Position
Standing During Surge
Standing With 1 Foot On Stool
Rebozo During Pushing Contractions
Shake The Apple Tree
Movement During Contractions

TRANSVERSE

TRANSVERSE OBLIQUE

The baby is sideways after 30 weeks. Focus in stabilising the pelvis, lengthen the pelvic floor and do passive squats. A pregnancy belt is recommended if the uterine ligaments are too relaxed. Open the hips and do gentle psoas stretches.



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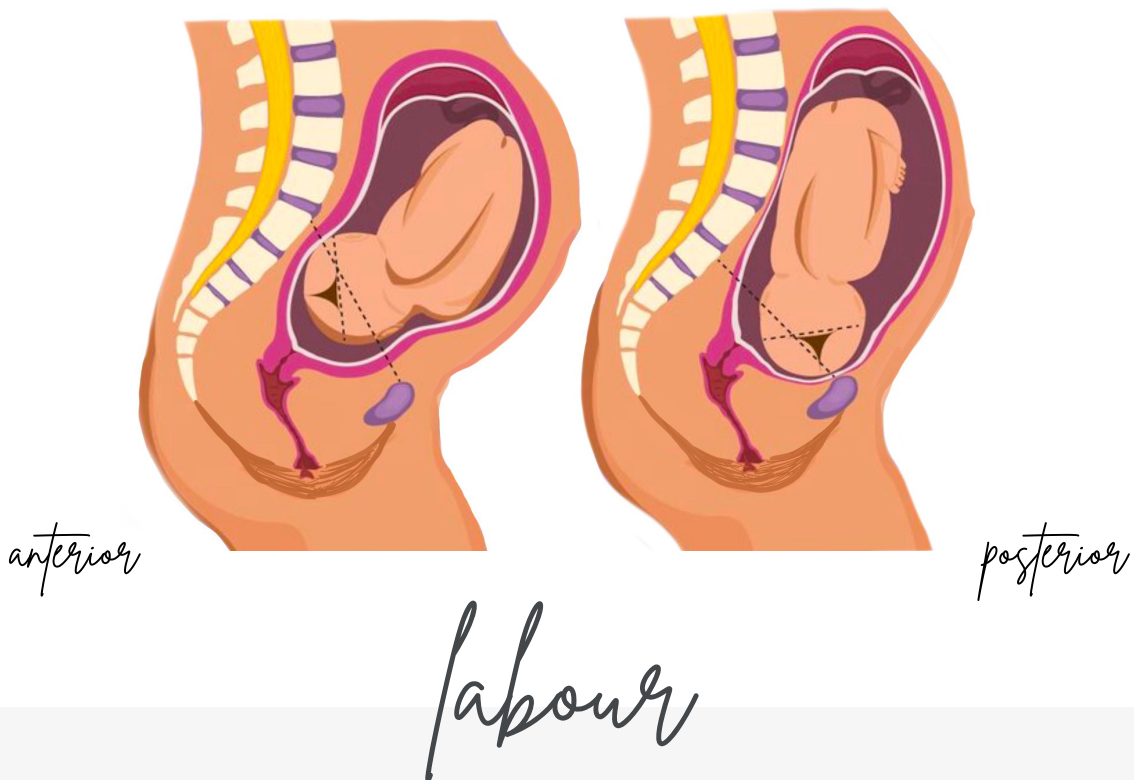
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ASYNCLITISM

The head is tipped towards one shoulder and enters the pelvis on an angle. This becomes an issue after 5cm dilation. There is asymmetry in the pelvis, pelvic floor and uterine ligaments. Momma feels intense unilateral hip pain. Labour is longer, dilation is delayed and pushing is slow.

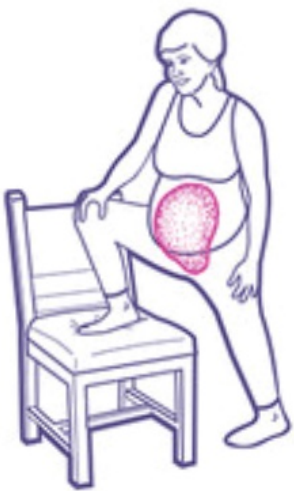


Chiropractic Care
Pelvic Floor Release (Side Lying Release)
The Lunge
The Dangle
Delay Pushing (2-5 Contractions)
Rest Smart Position
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LABOUR POSITIONS

UP

STIMULATES CONTRACTIONS
GRAVITY HELPS DESCENT
ROCKING MOVEMENTS ASSIST BABY
UTERUS CONTRACTIONS ARE STRONGER

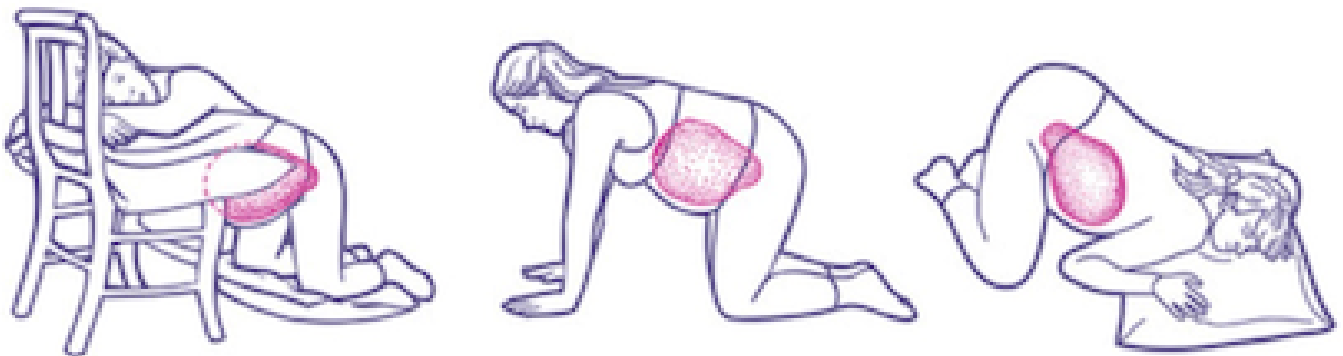


DOWN

BACK PAIN RELIEF

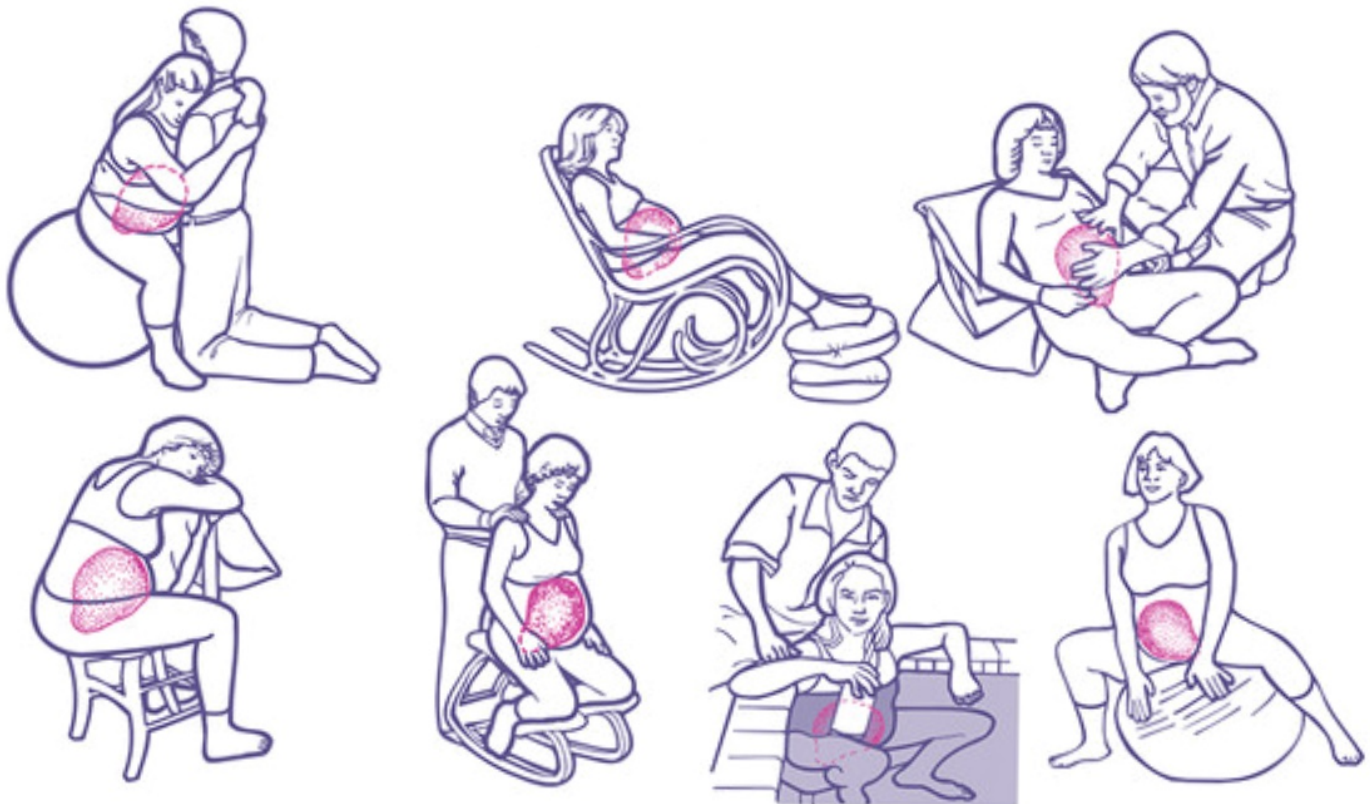
HELPS HEAD ROTATION INTO OA POSITION

RELIEVES DISCOMFORT FROM HEMORRHOIDS



SIT

REST BETWEEN CONTRACTIONS
USES GRAVITY TO AID DESCENT
PROMOTES RELAXATION AND TIME TO REST



SQUAT

OPENS PELVIC OUTLET TO HELP DESCENT
NATURAL ALIGNMENT OF UTERUS
RELAXES PELVIC FLOOR MUSCLES
STRENGTHENS INTENSITY OF CONTRACTIONS
RELIEVES BACK PAIN & PRESSURE





HEY MOMMA BEAR

I am honoured to guide you through this journey
to motherhood.

info@drkarensingh.com