

Positions for Labor



1. Walking



2. Slow dancing



3. Standing, swaying with birth ball



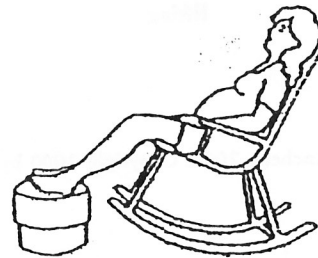
4. Sitting, swaying with birth ball



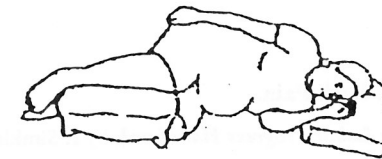
5. Sitting, leaning on tray table



6. Straddling a chair



7. Sitting in a rocker



8. Sidelying



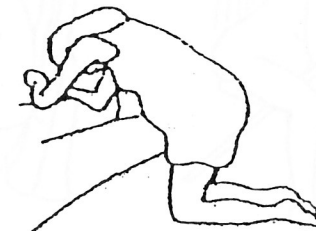
9. Semi-prone, lower arm forward



10. Semi-prone, lower arm behind



11. Kneeling over birth ball



12. Kneeling over chair seat

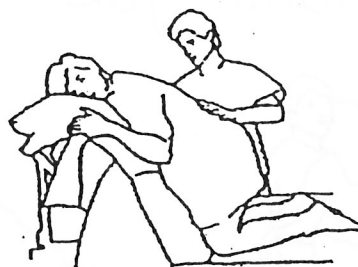
FIGURE 1
Positions for First Stage.



13. Counter pressure



14. Double hip squeeze



15. Kneeling over the back of bed



16. Open knee-chest position



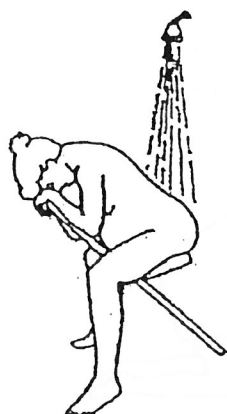
17. Abdominal lifting



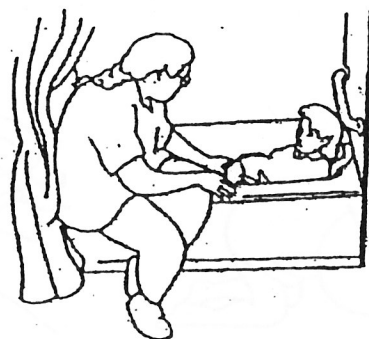
18. The lunge

FIGURE 2
Techniques for Back Pain.

Note. From *The Labor Progress Handbook* by P. Simkin and R. Anchera, 2000. Copyright 2000 by R. Anchera and reprinted with permission.



19. Shower



20. Bath



21. Strap-on cold pack

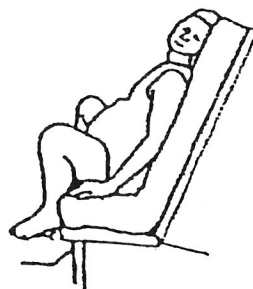


22. Heat

FIGURE 3
Other Comfort Measures



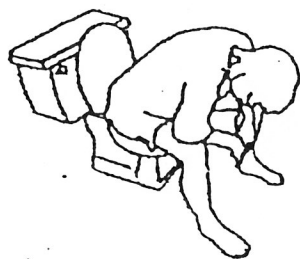
23. Sidelying, leg support



24. Semi-sitting



25. Hands and knees



26. Toilet sitting



27. Sitting on a low stool



28. Squatting with bar



29. Three-person lap squat



30. Dangle



31. Semi-reclining, pulling legs back

FIGURE 4
Positions for Second Stage.