

Spinning Babies® Body Balancing for Breech

Body work can be quite useful in opening space that a baby can turn or find the position needed. Bones can be aligned by chiropractic care, but the soft tissues are important in determining the lie of the baby. Massage in pregnancy can be useful in softening tissues (including fascia) and muscles connected to the pelvis, but there are more things you can do to balance the uterus and create space.

Stretching tight muscles can also be useful as they can release the pelvis to float in a more neutral position rather than pulled by tight hamstrings or a tight psoas (or other muscles). Too loose muscles can also be an issue, and sometimes wearing a pregnancy support belt may be part of balancing abdominal muscles and / or ligaments.

Positioning in modern life can also be helpful in supporting the container of the uterus, lower back, abdomen, pelvic floor, and pelvis in general. Maternal positioning can lengthen muscles which allows for stronger and yet balanced muscles.

Optimal Maternal Positioning:

1. Think of your belly button as a flashlight. Allow the beam of your flashlight to point downward towards the floor as you sit or rest. This tilt of the pelvis is actually neutral!
2. Sitting at work or home can be challenging and yet changing positions can keep hydration in your pelvic area. Sitting on an exercise ball invites movement into this area. Standing can also be an alternative to a desk.
3. If you spend lots of time in the car, think about ways to support your pelvis so that it doesn't tilt backwards or so that you can allow your sacrum to be free of pressure.
4. Resting positions are quite useful when the belly button points down to the floor. Avoid semi-reclined positions for sleeping if possible. Side lying or leaning forward on pillows or a ball for resting is a great option.

Stretches in Pregnancy: (if you stretch on one side, you must do the other!)

1. Stretch your hamstrings and calves so that it releases the back part of your legs connected to the pelvis. This can be done by propping the front part of your toes on a rolled up yoga mat or book while leaning forward.
2. Pelvic tilts open up the lower back and lubricates the spine.
3. A forward lunge lengthens hamstrings and the psoas while opening the pelvis wider. Diagonal lunges while on hands and knees can help with stretching other muscles connected to the pelvis using a different angle.
4. Seated Pigeon pose or #4 stretch opens the hips for more flexibility. It stabilizes the pelvis and may relieve sciatica by relieving tension in the sacral area.
5. Windmill with the arms loosens muscles are the sciatic nerve and lower back. They also increase pelvic flexibility.
6. Stretch the back of your legs using a rebozo, scarf, or sheet looped around one foot with both legs straight. Pull the rebozo close to you so that your straightened leg is up in the air. Pull the leg to one side and then the other going to that "hurts so good" place.

3 Sisters for Balancing!

1. Rebozo sifting of the belly. Have your partner slide a rebozo or long piece of cloth (or sheet) under your belly. Encase the entire belly in the rebozo or scarf. Slowly lift the belly and check in with the mother. This should be a comfortable and relaxing experience. This exercise is NOT meant for deep massage. This exercise is meant to relax ligaments and muscles around the uterus for balancing.
2. The side-lying release opens up the muscles of the lower back and opens the hip flexors and extensors. (It also can release a tight pelvic floor to help with rotation in labor!) You will need a partner for this one to hold your hip in place as the top leg lengthens in a stretch off the side of the table. Both sides must be done! The mother can hold a chair in front of her body so that she feels supported.
3. The forward leaning inversion (FLI) is where the mother sits on top of a couch or stable chair and leans forward to the ground. She then comes down onto her elbows, tucks her head and stays there for three breaths. It is suggested she have support of someone as she comes down and back up into this position. The FLI helps to release the cervical ligament (and utero-sacral ligaments), but it also can help in untwisting the lower uterus so that there is more room for the baby to be able to engage. If you have a wide separation of the abdominal muscles, it is advised that you use a support belt or tie a rebozo or scarf around your belly for extra support. This balancing exercise is contraindicated if you have high blood pressure, glaucoma, threatened preterm labor, or if your baby has just moved into a head down position AFTER being breech in the late third trimester. IF your baby is still breech, you can do 6-9 of these in a day to maintain that elongated ligament! If you have hypertension or glycoma, this exercise is contraindicated!



4. Slant boards (I use an ironing board) can help move the baby out of the pelvis. Be sure to set it up so that it does not slide on the floor while in use. I use a yoga matt underneath the base of it. Lying upside down on the ironing board at a 45 degree angle 3 times a day for ten minutes maintains space in hopes that your baby will flip! **DO NOT go upside down if you believe your baby has gone head down.** Signs of a baby turning include more vaginal pressure and kicks up high in the ribs.

If you are planning to do an ECV, be sure to do these exercises before heading to the appointment. Be sure to stay hydrated as well!

If you have any questions, feedback, praise, or concerns about your balancing session, feel free to contact me at 619-252-4784.