

“Pray the Baby Goes through the **ARCH**”: Reassuring Signs for Upright Breech

- **A**symmetrical Rumping (noted, but not necessary)
- **R**otation to Sacrum Anterior (not rotating or descending baby needs help)
- **C**leavage (shows the arms are not extended behind the head)
- **H**ead in flexion (can see chin or bulging perineum with movement)

Asymmetrical Rumping

Asymmetrical rumping is reassuring as it shows that the baby is coming down via latero-flexion via the Curve of Carus. Its arms or shoulders are less likely to get caught on the pubic bone.

Rotation to Sacral Anterior

The baby rotates into (SA) which is reassuring as it shows that the shoulders have entered the pelvis in the transverse diameter. They are not in the AP diameter.

Cleavage

Cleavage shows that the arms are in front of the baby's head and not extended behind it.

Head is in flexion

Head is in flexion as you can see the chin begin to emerge. The perineum is full and the rectum has pressure behind it as it is flowering.

Fetal Well-Being

Tracking Baby as Reassuring

- Tone
- Flexion
- Color
- Plump Cord or heartbeat visualized
- Movement between contractions
- Continued Descent

Watch the signs:

<https://www.youtube.com/watch?v=AYAjIMqFyxU>