

## Vibrant Life Chiropractic - Having a Proactive Birth

Please consult your chiropractor at Vibrant Life Chiropractic before beginning these exercises

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These pictures are not intended as a step by step guide as to how to give birth but more to give you some ideas and an introduction to the alternatives to lying on your back!

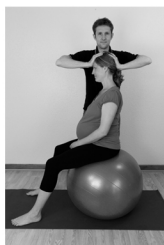
We have also tried to illustrate the cranial hold we know works for pain relief during contractions. Please ask your chiropractor to explain and demonstrate this to you and your birth partner.

Some things we recommend before you go into labour:

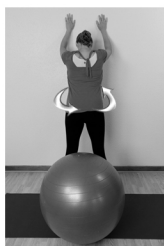
- Ask your chiropractor to show you the cranial hold for pain relief - it really works! Practice it with your birth partner.
- Practice active birth positions and movements. They are also good as stretching and mobility exercises during pregnancy and you will be able to move more intuitively during labour if you don't have to think too much.
- Map your pelvis and measure your sitting bones in different positions so that you and your birth partner know how to position your body to open your pelvis.  
(More details can be found in THE PINK KIT which we have available for practice members to borrow.)
- Attend an active birth class.
- Useful things to have include a yoga mat, small stool & gym ball. Please ask you chiropractor what size gym ball you need
- It is possible to have an active birth even if you have had symptoms such as SPD or back pain.
- Learn about the different phases of labour so that you can recognise what is happening to you and your baby. It is especially helpful for you and your birth partner to recognise 'transition stage' as this is when many women temporarily begin to doubt themselves and ask for drugs!!
- Believe in yourself and trust that the innate intelligence that made you and your baby's bodies will enable you and your baby to know instinctively what to do. Your body will provide all of the hormones you need if you surrender to the process.

You should try to be active DURING contractions and make the most of the rest period you get between contractions. The pictures below show suggestions for active positions and movement, rest position and the cranial hold in each position. Some positions also show how using a stool can change the position slightly and may open your pelvis further if you need to.

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- The cranial hold for pain relief.  
(Please ask your chiropractor to explain and demonstrate this to you and your birth partner.)
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- You may find circular hip movements helpful in the standing position
  - Use a wall or person to lean on
  - Always have your partner steady the ball as you sit on it
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- Forward and backward movements using the gym ball
  - Circular movements may feel good
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- Resting on the gymball inbetween contractions
  - The cranial hold in this position. (Your partner moves with you)
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- Using the stool to rest your knee on may open your pelvis more
  - Changing your leg positions may also open your pelvis more
  - You might like to rest your upper body on a chair or bed
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