

# Vibrant Life Chiropractic - Having a Proactive Birth

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

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!



- Large circular movements of the spine and pelvis
- Resting in the child pose yoga position
- You might like to rest your upper body on a chair or bed



- Using the stool to rest your knee on may open your pelvis more
- You might like to rest your upper body on a chair or bed
- The cranial hold in this position



- In this position move straight forward and back or using a circular forward and back movement, may feel good



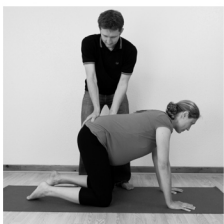
- Your birth partner can move with you to maintain the cranial hold in any position



- Changing your leg positions may help to open your pelvis more (Depending on your level of flexibility)



- Circular movements of your hips on the ball may feel good during contractions
- Resting leaning forward or sitting up



- Rocking or putting pressure on the sacrum to relieve pain can be targeted quite specifically
- (Please talk to your chiropractor or borrow the PINK KIT from our library)