



## OPTIMAL FETAL POSITION DR KAREN SINGH

Mommas birth easier when educated & empowered.  
Chiropractic Care & Spinning Babies provides a  
unique perspective on physiological natural birth.  
Prepare your mind & body to birth with us.

*laugh. sing. dance. glow.*  
*let the oxytocin flow.*

[www.drkarensingh.com](http://www.drkarensingh.com)

# OCCIPUT ANTERIOR

## LOA

This is the ideal fetal position to help the baby through the birth canal. The crown of the head enters the pelvis first in a chin tucked position.



*antenatal*

Chiropractic Care  
Three Balances  
Psoas Release  
Spinning Babies Techniques  
Diaphragmatic Release  
Spinning Babies Daily Activities  
Spinning Babies Weekly Activities

*labour*

Early Labour Chiropractic Care  
Dip The Hip  
Abdominal Lift & Tuck  
Open The Brim  
Lunge  
Open The Outlet  
Standing Sacral Release  
Rebozo  
Shake The Apple Tree

# OCCIPUT POSTERIOR

## OP ROT ROP LOP

The spine is extended not flexed. The crown of the head is not aligned and leading the way. Back labour can be long and painful leading to more intervention & birth trauma.



*antenatal*

Chiropractic Care  
Massage (Pelvis & Perineum)  
Three Balances  
Dip The Hip  
Psoas Release  
Diaphragmatic Release  
Daily Activities  
Weekly Activities Pelvic Tilt  
Forward Leaning Inversion  
Pelvic Tilt (Sacral Mobility)  
Dip The Hip (Figure of 8 QL Release)

*labour*

Early Labour Chiropractic Care  
Three Balances  
Side Lying Release (3 Contractions)  
Abdominal Lift & Tuck  
Walchers – Open The Brim Lunge  
Open The Outlet (Pushing Phase)

# BREECH

## FRANK COMPLETE FOOTLING

The head & spine is extended. The crown of the head is not correctly aligned with the birth canal. Back labour can be long and painful leading to more intervention & birth trauma.



*antenatal*

Webster & Chiropractic Care  
Psoas Release  
Pelvic Massage  
Forward Leaning Inversion  
Breech Tilt  
Side Lying Release  
Three Balances  
Pelvic Tilt (Sacral Mobility)  
Dip The hip (Figure of 8 QL release)  
Rebozo  
Hip Circles

*labour*

Standing Sacral Release  
Psoas Release  
Pelvic Floor Release  
Side Lying Release  
The Lunge  
The Dangle  
Delay Pushing (2-5 Contractions)  
Rest Smart Position  
Standing During Surge  
Standing With 1 Foot On Stool  
Rebozo During Pushing Contractions  
Shake The Apple Tree  
Movement During Contractions

# TRANSVERSE

## TRANSVERSE OBLIQUE

The baby is sideways after 30 weeks. Focus in stabilising the pelvis, lengthen the pelvic floor and do passive squats. A pregnancy belt is recommended if the uterine ligaments are too relaxed. Open the hips and do gentle psoas stretches.



*antenatal*

Webster & Chiropractic Care  
Psoas Release  
Pelvic Massage  
Forward Leaning Inversion  
Breech Tilt  
Side Lying Release  
Three Balances  
Pelvic Tilt (Sacral Mobility)  
Dip The Hip (Figure of 8 QL Release)  
Rebozo  
Hip Circles

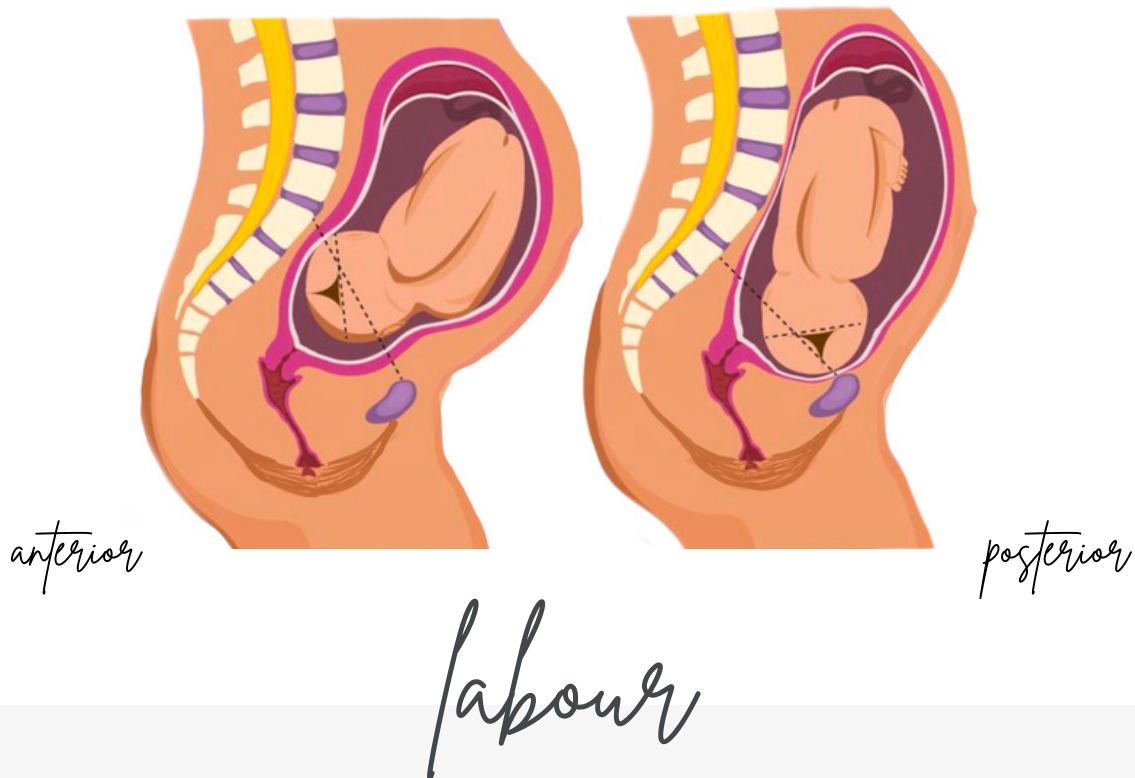
*labour*

Standing Sacral Release  
Psoas Release  
Pelvic Floor Release  
Side Lying Release  
The Lunge  
The Dangle  
Delay Pushing (2-5 Contractions)  
Rest Smart Position  
Standing During Surge  
Standing With 1 Foot On Stool  
Rebozo During Pushing Contractions  
Shake The Apple Tree  
Movement During Contractions

# ASYNCLITISM

The head is tipped towards one shoulder and enters the pelvis on an angle. This becomes an issue after 5cm dilation. There is asymmetry in the pelvis, pelvic floor and uterine ligaments. Momma feels intense unilateral hip pain.

Labour is longer, dilation is delayed and pushing is slow.



Chiropractic Care  
Pelvic Floor Release (Side Lying Release)  
The Lunge  
The Dangle  
Delay Pushing (2-5 Contractions)  
Rest Smart Position  
Standing During Surge  
Standing With 1 Foot On Stool  
Rebozo During Pushing Contractions  
Shake The Apple Tree  
Movement During Contractions



# LABOUR POSITIONS

# UP

STIMULATES CONTRACTIONS  
GRAVITY HELPS DESCENT  
ROCKING MOVEMENTS ASSIST BABY  
UTERUS CONTRACTIONS ARE STRONGER

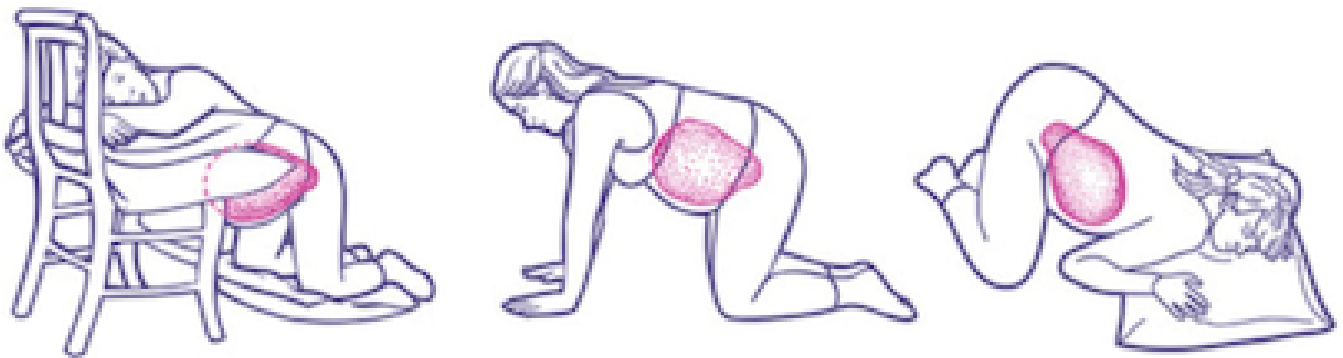


# DOWN

BACK PAIN RELIEF

HELPS HEAD ROTATION INTO OA POSITION

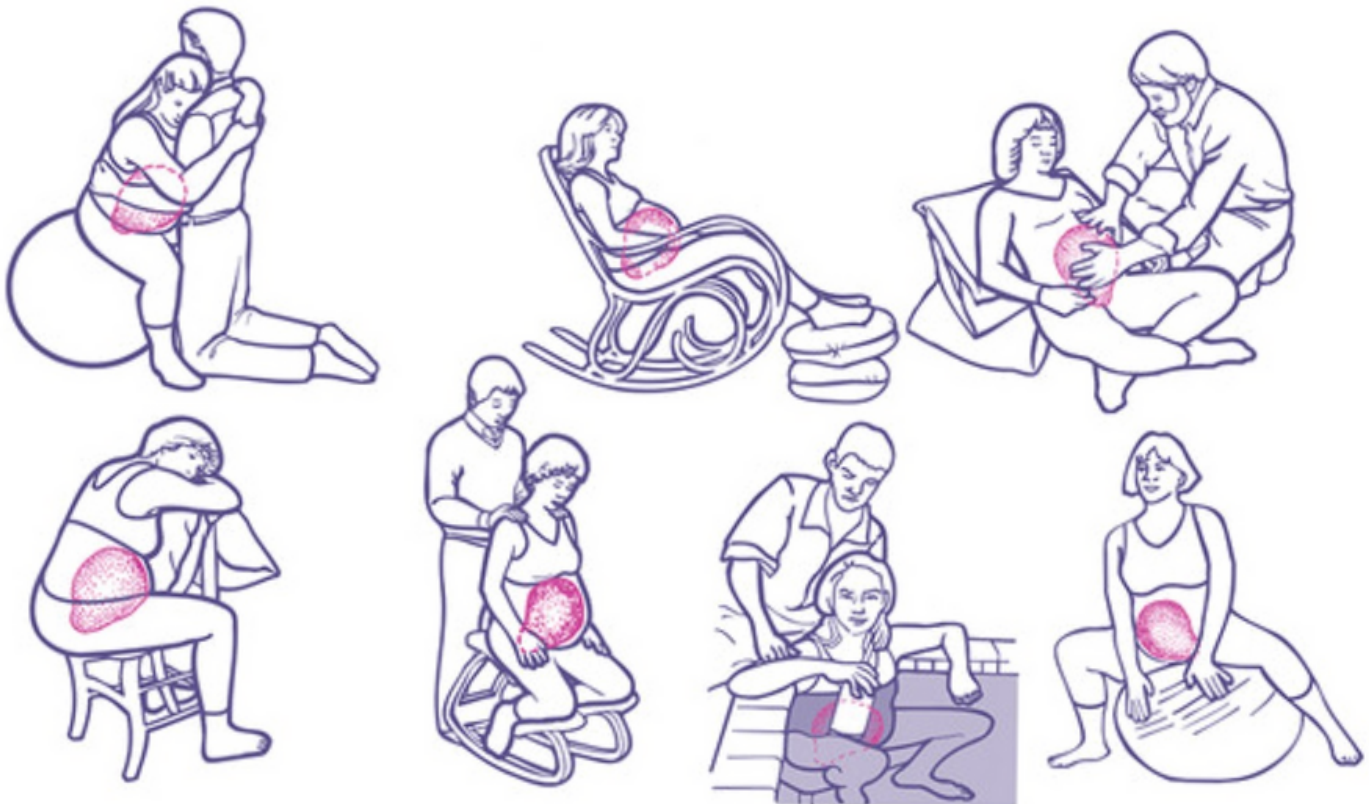
RELIEVES DISCOMFORT FROM HEMORRHOIDS





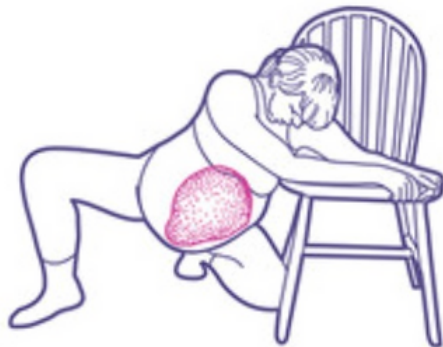
# SIT

REST BETWEEN CONTRACTIONS  
USES GRAVITY TO AID DESCENT  
PROMOTES RELAXATION AND TIME TO REST

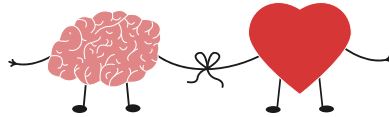


# SQUAT

OPENS PELVIC OUTLET TO HELP DESCENT  
NATURAL ALIGNMENT OF UTERUS  
RELAXES PELVIC FLOOR MUSCLES  
STRENGTHENS INTENSITY OF CONTRACTIONS  
RELIEVES BACK PAIN & PRESSURE



# DR KARENS CHEAT SHEET



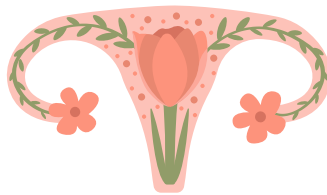
OXYTOCIN = DILATION

*embrace ease*



5-6-7 BREATHING

*ride the wave*



FLOPPY FANNY FLOPPY FACE

*let go relax*



KICO KNEE IN CALF OUT

*open passage*



## HEY MOMMA BEAR

I am honoured to guide you through this journey  
to motherhood.

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