



**Women's
Integrative Health**

Effective Labor Positions

www.womensintegrativehealthny.com



ABDOMINAL LIFT

- BEST FOR MOM'S W/LAX ABDOMINAL TONE
- TAKES PRESSURE OFF BACK
- IMPROVES POSITION OF THE BABY IN THE PELVIS

EFFECTIVE LABOR
POSITIONS

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STRADDLING CHAIR

- GOOD RESTING POSTURE
- ACCESS TO BACK FOR COUNTERPRESSURE
- SOME GRAVITY ADVANTAGE
- STRADDLING MAY HELP OPEN PELVIS

EFFECTIVE LABOR
POSITIONS

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STANDING, LEANING ON BED

- GRAVITY ADVANTAGE
- OPEN ACCESS FOR BACK MASSAGE
- RELIEVES BACK PAIN
- MAY HELP WITH ROTATION

EFFECTIVE LABOR
POSITIONS

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CAT/DOG POSITION

- ENCOURAGES ROTATION OF OP
- MAY HELP BACK PAIN

EFFECTIVE LABOR
POSITIONS

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KNEELING AT BEDSIDE

- SOME GRAVITY ADVANTAGE
- OPEN ACCESS FOR BACK MASSAGE
- HELPS RELIEVE BACK PAIN
- EASIER ON JOINTS THAN KNEELING ALONE
- MAY HELP WITH ROTATION

EFFECTIVE LABOR
POSITIONS

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LATERAL KNEE PRESS



- HELPS RELIEVE BACK PAIN FOR MOM CONFINED TO BED
- PROVIDES SOME PELVIC MOBILITY
- MAY ENCOURAGE FETAL ROTATION

EFFECTIVE LABOR
POSITIONS

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SITTING, LEANING ON TRAY TABLE

- GOOD RESTING POSTURE
- SOME GRAVITY ADVANTAGE
- OPEN ACCESS TO BACK

EFFECTIVE LABOR
POSITIONS

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STANDING, LEANING ON CHAIR

- GRAVITY ADVANTAGE
- WIDENS ONE SIDE OF PELVIS
- ENCOURAGES ROTATION OF OP

EFFECTIVE LABOR
POSITIONS

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HANDS AND KNEES

- HELPS RELIEVE BACKACHE
- MAY ENCOURAGE ROTATION OF THE BABY
- ALLOWS PELVIC ROCKING / MOVEMENTS
- OPEN ACCESS FOR BACK MASSAGE

EFFECTIVE LABOR
POSITIONS

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STANDING, LEANING ON BED TRAY

- GRAVITY ADVANTAGE
- OPEN ACCESS FOR BACK MASSAGE
- MORE RESTFUL THAN STANDING ALONE

EFFECTIVE LABOR
POSITIONS

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KNEELING WITH BALL

- EASIER ON JOINTS THAN HANDS AND KNEES ALONE
- HELPS RELIEVE BACKACHE
- MAY ENCOURAGE ROTATION OF THE BABY
- OPENS ACCESS FOR COUNTERPRESSURE
- ENCOURAGES MOM TO MOVE/ROCK

EFFECTIVE LABOR
POSITIONS

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STANDING, LEANING W/SUPPORT

- GRAVITY ADVANTAGE
- ENCOURAGES EMOTIONAL CLOSENESS
- CONTRACTIONS MORE PRODUCTIVE
- GOOD ALIGNMENT OF BABY

EFFECTIVE LABOR
POSITIONS

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KNEELING ON BED W/SUPPORT

- SOME GRAVITY ADVANTAGE
- OPEN ACCESS FOR BACK MASSAGE
- HELPS RELIEVE BACK PAIN
- EASIER ON JOINTS THAN KNEELING ALONE
- MAY HELP WITH ROTATION
- ENCOURAGES EMOTIONAL CLOSENESS

EFFECTIVE LABOR
POSITIONS

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KNEE PRESS

- RELEASES TENSION AND PAIN IN LOWER BACK
- SOME GRAVITY ADVANTAGE

EFFECTIVE LABOR
POSITIONS

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STANDING, LEANING ON BALL

- GRAVITY ADVANTAGE
- OPEN ACCESS FOR BACK MASSAGE
- MORE RESTFUL THAN STANDING ALONE
- ENCOURAGES MOVEMENT (SWAYING, ETC.)

EFFECTIVE LABOR
POSITIONS

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SEMI-SITTING W/PARTNER

- GOOD RESTING POSITION
- SOME GRAVITY ADVANTAGE
- ENCOURAGES EMOTIONAL CLOSENESS

EFFECTIVE LABOR
POSITIONS

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SITTING IN ROCKING CHAIR

- GOOD RESTING POSITION
- SOME GRAVITY ADVANTAGE
- ROCKING MAY HELP PELVIC MOBILITY

EFFECTIVE LABOR
POSITIONS

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SWAYING ON BALL

- SOME GRAVITY ADVANTAGE
- SWAING MAY HELP PELVIC MOBILITY
- MORE COMFORTABLE THAN SITTING ON A CHAIR

EFFECTIVE LABOR
POSITIONS

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LABOR DANCE

- GRAVITY ADVANTAGE
- SWAYING MOVEMENT MAY HELP PELVIC MOTILITY
- ENCOURAGES EMOTIONAL CLOSENESS
- OPEN ACCESS FOR BACK MASSAGE

EFFECTIVE LABOR
POSITIONS

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TUB/ JACUZZI

- RELAXING
- MAY REDUCE INTENSITY OF PAIN
- AVOID IN EARLY LABOR (MAY CAUSE CONTRACTIONS TO DECREASE/ BECOME IRREGULAR)

EFFECTIVE LABOR
POSITIONS

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SQUATTING WITH PARTNER

- MAY RELIEVE BACK PAIN
- GOOD GRAVITY ADVANTAGE
- WIDENS PELVIC OUTLET
- ENHANCES ROTATION AND DESCENT
- EASIER TO MAINTAIN THAN UNSUPPORTED SQUATTING AND INVOLVES PARTNER

EFFECTIVE LABOR
POSITIONS

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SQUATTING AT BEDSIDE

- MAY RELIEVE BACK PAIN
- GOOD GRAVITY ADVANTAGE
- WIDENS PELVIC OUTLET
- ENHANCES ROTATION AND DESCENT
- EASIER TO MAINTAIN THAN UNSUPPORTED SQUATTING AND INVOLVES PARTNER

EFFECTIVE LABOR
POSITIONS

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ASYMMETRICAL STANDING

- GRAVITY ADVANTAGE
- WIDENS ONE SIDE OF PELVIS
- ENCOURAGES ROTATION OF OP
- ENCOURAGES EMOTIONAL CLOSENESS

EFFECTIVE LABOR
POSITIONS

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ASYMMETRICAL KNEELING



- GRAVITY ADVANTAGE
- WIDENS ONE SIDE OF PELVIS
- ENCOURAGES ROTATION OF OP

EFFECTIVE LABOR
POSITIONS

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SQUATTING WITH BAR



- MAY RELIEVE BACK PAIN
- GOOD GRAVITY ADVANTAGE
- WIDENS PELVIC OUTLET
- ENHANCES ROTATION AND DESCENT
- EASIER TO MAINTAIN THAN UNSUPPORTED SQUATTING

EFFECTIVE LABOR
POSITIONS

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SITTING WITH COUNTERPRESSURE



- GOOD RESTING POSTURE
- OPEN ACCESS TO BACK
- SOME GRAVITY ADVANTAGE
- STRADDLING MAY HELP OPEN PELVIS

EFFECTIVE LABOR
POSITIONS

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KNEELING OVER BACK OF BED



- SOME GRAVITY ADVANTAGE
- OPEN ACCESS FOR BACK MASSAGE
- HELPS RELIEVE BACK PAIN
- EASIER ON JOINTS THAN KNEELING ALONE
- MAY HELP WITH ROTATION

EFFECTIVE LABOR
POSITIONS

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SUPPORTED SQUATTING

- MAY RELIEVE BACK PAIN
- GOOD GRAVITY ADVANTAGE
- WIDENS PELVIC OUTLET
- ENHANCES ROTATION AND DESCENT
- EASIER TO MAINTAIN THAN UNSUPPORTED SQUATTING AND INVOLVES PARTNER

EFFECTIVE LABOR
POSITIONS

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SITTING ON TOILET

- SOME GRAVITY ADVANTAGE
- MAY HELP RELAX PERINEUM

EFFECTIVE LABOR
POSITIONS

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WALKING

- GRAVITY ADVANTAGE
- CONTRACTIONS GENERALLY MORE PRODUCTIVE
- BABY WELL ALIGNED W/ANGLE OF PELVIS
- ENCOURAGES ROTATION AND DESCENT

EFFECTIVE LABOR
POSITIONS

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SITTING IN SHOWER

- GOOD RESTING POSTURE
- OPEN ACCESS TO BACK
- SOME GRAVITY ADVANTAGE
- RELAXING

EFFECTIVE LABOR
POSITIONS

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CLIMBING STAIRS

- GRAVITY ADVANTAGE
- ENHANCES ROTATION & PELVIC MOBILITY
- MAY SPEED LABOR MORE THAN WALKING

EFFECTIVE LABOR
POSITIONS

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KNEELING LUNGE

- SOME GRAVITY ADVANTAGE
- WIDENS ONE SIDE OF PELVIS
- ENCOURAGES ROTATION OF OP
- EASIER THAN STANDING LUNGE

EFFECTIVE LABOR
POSITIONS

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ASYMMETRICAL SITTING

- SOME GRAVITY ADVANTAGE
- WIDENS ONE SIDE OF PELVIS
- ENCOURAGES ROTATION OF OP
- EASIER THAN STANDING OR KNEELING

EFFECTIVE LABOR
POSITIONS

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LAP SQUATTING

- MAY RELIEVE BACK PAIN
- GOOD GRAVITY ADVANTAGE
- WIDENS PELVIC OUTLET
- ENHANCES ROTATION AND DESCENT
- EASIER TO MAINTAIN THAN UNSUPPORTED SQUATTING AND INVOLVES PARTNER

EFFECTIVE LABOR
POSITIONS

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THE DANGLE

- MAY RELIEVE BACK PAIN
- GOOD GRAVITY ADVANTAGE
- WIDENS PELVIC OUTLET
- ENHANCES ROTATION AND DESCENT
- EASIER TO MAINTAIN THAN UNSUPPORTED SQUATTING, EASIER FOR PARTNER
- HELPS "ELONGATE" TRUNK

EFFECTIVE LABOR
POSITIONS

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STANDING WITH COUNTERPRESSURE

- GRAVITY ADVANTAGE
- OPEN ACCESS FOR COUNTER-PRESSURE
- MOM HAS FREEDOM TO SWAY, MOVE OR REST

EFFECTIVE LABOR
POSITIONS

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SITTING BACKWARD ON TOILET

- RESTING POSTURE
- SOME GRAVITY ADVANTAGE
- OPEN ACCESS FOR BACK MASSAGE
- MAY HELP TO RELAX THE PERINEUM

EFFECTIVE LABOR
POSITIONS

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SQUATTING STOOL

- GRAVITY ADVANTAGE
- REQUIRES LESS BEARING DOWN
- UPPER TRUNK PROVIDES FUNDAL PRESSURE
- FEET ON FLOOR PROVIDES GROUNDING

EFFECTIVE LABOR
POSITIONS

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UPRIGHT PUSHING

- GRAVITY ADVANTAGE
- REQUIRES LESS BEARING DOWN
- UPPER TRUNK PROVIDES FUNDAL PRESSURE
- EASIER THAN SQUATTING STOOL
- EASIER ON CARE PROVIDER

EFFECTIVE LABOR POSITIONS

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EMOTIONAL SUPPORTS

- ASK HER WHAT SHE'S THINKING DURING CONTRACTIONS
- ASK HER IF SHE'S WORRIED ABOUT ANYTHING
- REMIND HER OF THE BABY! (PAIN WITH PURPOSE)
- REMIND HER THE PAIN WILL END

EFFECTIVE LABOR POSITIONS

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GENERAL TIPS

- MUSIC CAN BE SOOTHING OR UPLIFTING
- ENCOURAGE SNUGLING/LOVING GESTURES WITH PARTNER
- REFLECT NORMALCY
- STROKING THE HAIR/HEAD IS CALMING
- HAND ON THE FOREHEAD IS CENTERING

EFFECTIVE LABOR POSITIONS

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MORE GENERAL TIPS

- FIRM PRESSURE TO UPPER THIGHS MAY HELP CALM TREMORS
- DURING PUSHING, HELP HER KEEP EYES OPEN
- ASK HER IF SHE WANTS TO USE A MIRROR
- BE PATIENT
- TAKE CARE OF YOUR OWN BODILY NEEDS

EFFECTIVE LABOR POSITIONS

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EVEN MORE GENERAL TIPS

- BUY TIME - TAKE TIME WITH ALL RITUALS, ACTIVITIES
- KEEP LIPS MOIST
- REMEMBER TOUCHING AND EYE CONTACT CAN SOMETIMES SAY MORE THAN WORDS
- NO FINGERTIPS - TOUCH WITH FLAT, FIRM HANDS

EFFECTIVE LABOR POSITIONS

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EMOTIONAL SUPPORTS

- TELL HER NOT TO FIGHT IT
- TELL HER SHE IS OK
- ACKNOWLEDGE HOW HARD IT IS
- ENCOURAGE HER NOT TO BE AFRAID

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EMOTIONAL SUPPORTS

- ENCOURAGE HER TO TAKE ONE CONTRACTION AT A TIME
- TELL HER SHE IS STRONG; SHE CAN DO THIS
- TELL HER SHE IS DOING THIS
- TELL HER WHAT A GOOD MOTHER SHE IS BEING

EFFECTIVE LABOR POSITIONS

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EFFECTIVE LABOR POSITIONS BOOKLET

- 42 EFFECTIVE POSITIONS
- GENERAL TIPS
- EMOTIONAL SUPPORT
- BOUND SO YOU CAN EASILY REMOVE PAGES FOR INDIVIDUAL USE
- FREE!

EFFECTIVE LABOR POSITIONS

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