

The Definitive Guide to a Turning a Breeched baby in 7 Steps.

A breeched presented baby is one of the most common reasons for a cesarean childbirth. While some babies tend to turn head down by 34 weeks, others need a little help. Actually, they typically don't need help, they just need the proper environment in order to move. The following guide is designed to help you provide a better environment for a vertex presented baby. (head down)

*****Keep in mind, that while many mothers do all they can to help avoid a Cesarean birth, not all babies can be positioned into the vertex position. While doctors are not 100% certain of the reason, the American Pregnancy Association lists the following reasons for a breeched baby: multiple pregnancies, if a woman has had a premature birth previously, if the uterus has the wrong amount of amniotic fluid, if the uterus has an abnormal shape or placenta previa. We named this guide "The Definitive Guide..." for marketing purposes only and following this guide does not guarantee that a baby will turn head down. Results vary from mother to mother. Do not do any part of this guide that causes pain or discomfort and be sure to talk to your healthcare provider before beginning any of the movements suggested in this guide.*****

Step #1— Inversion

Inversion allows gravity to help pull the baby into the head down position. This movement can be done on a stair, couch or chair. The goal is to hold the position for 30 seconds to stretch the uterine ligaments and allow less tension and more space for your baby to move. Contraindications include: heartburn, glaucoma, hypertension, or if you are at risk of a stroke. (check out spinningbabies.com for more information, videos or to find a practitioner.)



Step #2—Side Lying Release

According to spinning babies, this movement stretches the pelvic muscles and should be used in conjunction with the inversion position. A partner is needed with this stretch and the goal is to maintain the alignment of your head, neck and shoulders while your leg hangs over the edge of the table, couch or any flat surface. The goal of your partner is to keep your hip aligned so that it doesn't lean forward during the stretch as well as to offer support to prevent a fall. Hold your leg in position for 1-3 minutes to administer the stretch while your partner slowly "rocks" your hips back and forth to relax your hip muscles.

As with all of these steps, respect your body, pain and discomfort. Stop any movement that feels uneasy. A history of many women utilizing this movement, showed that there were 3 cases have resulted in:

- 1 case of frantic fetal kicking, resolved by position change in mother.
- 1 case of water breaking and no contractions, labor did not pick up, Pitocin was used but a cesarean was finally done.
- 1 case of bleeding (unknown source – meaning not clear whether cervical dilation or placental bleeding) vaginal birth



Step 3—Knee Chest

Continuing with the spinning babies techniques, the knee chest is a great pose to hold for breech presented babies. The goal is to create an “A” shape with your legs and chest. Your partner should place the sheet under your abdomen and pull backwards to take stress off of your hips and chest. Hold this position for several minutes.

Do not do Open-Knee-Chest when the head down baby is not engaged and floating. As with the previous 2 movements, do not do this movement if you are at risk of stroke or have high blood pressure.



Step 4—Figure 8's

Stand up against and lean on a counter or flat surface, and squat partially. Begin moving your hips into the shape of the letter “8.” Do this movement as wide as you can for several minutes. My patients have compared this motion to "getting down on the dance floor.”

Step 5—Iliopsoas Muscle Release

Although this muscle is relatively small, it accounts for a great majority of muscle strains within the pelvic cavity and can be relaxed by stretching for 30 seconds on each side following the picture below.



Step 6—Swimming

One of the main goals of helping breeched babies turn is to release tension within the pelvis. Swimming can reduce tension within your low back and hips due to the weightlessness it creates. Because of its low impact, swimming is great for joint and soft tissue pain including round ligament pain. Only swim as long as you are comfortable, and if you have sore muscles, try walking in the shallow end of the pool. Be sure to be careful when exiting the pool and wear non-slip footwear.

Step 7—Chiropractic Care

Aside from balancing the pelvis, spine and the soft tissues that are associated with breeched presentations, some of the benefits of chiropractic care during pregnancy range from a decrease in labor and delivery time, controlling symptoms of nausea, relieving back pain and maintaining a healthier overall pregnancy!

The Webster Technique is the preferred chiropractic technique used to assess and treat mothers with breeched babies. The Webster Technique was created to realign the sacrum and balance the surrounding soft tissue in an effort to release torsion on the uterus within the pelvic cavity. Depending on the prenatal chiropractor you see, many have an 80% success rate in helping babies turn head down. While many chiropractors treat women throughout pregnancy, only Webster Certified practitioners are trained through the International Chiropractic Pediatric Association. Check out [this link](#) to find one close to you and be sure to discuss any associated risks and recommendations before beginning care.