



Baby Lift As Labor Support

an online resource
created to accompany

Pre- and Perinatal Massage Therapy:

*A Comprehensive Guide to Prenatal, Labor
and Postpartum Practice*
(Third Edition)

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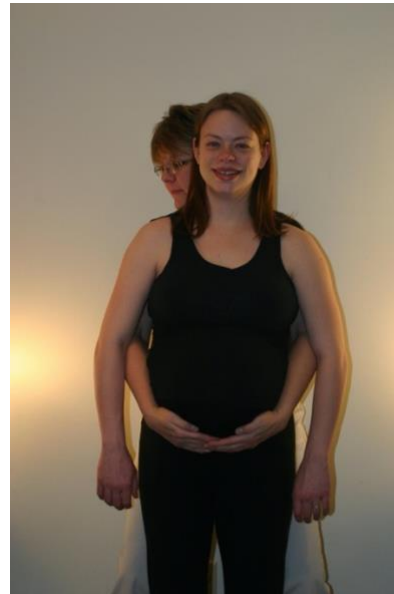
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Baby Lift As Labor Support



Performed with client in gown or robe and standing or seated

Intention

To lift the baby's head from the pelvic inlet to allow more room for a rotation from occiput posterior to anterior.

Procedure

- 1) Work with the midwife, nurse or doctor to determine baby's present position and the optimal preferred position. Explain the procedure to them and the mother and get their agreement to try it. Ask the nurse or midwife to listen to the baby's heartbeat during a contraction when you are doing this to be sure that no umbilical cord compression is happening.
- 2) Explain that you will need to stand against her posterior body while



you hold just above her pubic bone. For clarity, demonstrate on yourself where you will be touching her.

3) Stand behind her. Bend your knees as you slide your hands from her iliac crests around her abdomen, reaching around her torso to just superior to her pubic bone. Use soft, relaxed hands to gently encircle her lower abdomen.

4) Slowly straighten your knees to gently lift her abdomen several inches upward.

5) Hold this position for 30 seconds to several minutes. While you are holding, ask her to do pelvic tilts to help to align the baby's head more directly toward the cervix and to encourage a turn in position.

6) Gradually bend your knees again, and let the weight of the abdomen return slowly and completely to her.

Hint

You or her partner could also do this with a long, wide soft fabric strip, such as a shawl, placed around her torso and below her belly.

Precautions

1) Be sure that your hands remain flat and soft during the lift to avoid pointed pressure into her abdomen.

2) Work in cooperation with the nurse or midwife during this technique. If the amniotic sac has ruptured, do not perform this technique due to a very slight risk of the umbilical cord dropping down into the birth canal before the baby's head.