



Gluteal Double Squeeze or Double Hip Squeeze and Pelvic Press Techniques

(as developed by Penny Simkin)

an online resource
created to accompany

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Gluteal Double Squeeze or Double Hip Squeeze



Performed in any position, but best standing, kneeling, or leaning forward with flexed hips.

Intentions

To relieve back pain in labor; to create more space in the anterior of the pelvis by widening the space between the ilia.

Procedure

1. From behind the mother, use both open hands or loosely fistled hands to press against the posterior portion of the posterior iliac spines of the pelvis. Done firmly enough, this will mold the hormonally softened pelvic joints so that there is more anterior space between the two ilia.



2. Press firmly and deeply throughout a contraction.

Hints

1. Since this takes much effort when done by yourself, enlist another member of the birth team to press on one side as you do the other.
2. With another person working with you, you may be able to use other body parts such as your knees or shoulders to lean into the gluteals just lateral of the posterior iliac spines.
3. Try this in combination with sacral counterpressure to ease intense back labor.

Pelvic Press



Intention

To mechanically increase the pelvic outlet by opening the space between the ischial tuberosities and opening the symphysis pubis and other mid to lower sacral joints, allowing the baby's head to descend more readily.



Procedure

- 1) Stand behind your client and place your hands firmly on her iliac crests at their widest point laterally. Press toward her midline evenly until you feel the motion of her pelvis as the pelvic outlet widens. Hold your pressure during each contraction.
- 2) When she is on all fours or squatting, use a knee to press into one ilium, while reaching across her torso with your other hand to pull the other ilium toward your knee.
- 3) Alternatively, her partner may press from one side while you meet that pressure from the other side as shown in the photo. Try your forearms, shoulders or knees.
- 4) If she is sidelying, then press the ilium medially toward the bed with your forearm.

Hint

The pelvic press is doubly effective when applied while the laboring woman is in some type of squatting position and if she also rocks herself forward and back during contractions.

References

Simkin P (2018) *The Birth Partner*, 5th edn. Boston: Harvard Common Press.

Simkin P, Hanson L, Ancheta R (2017) *The Labor Progress Handbook*, 4th edn. Oxford: Wiley–Blackwell.