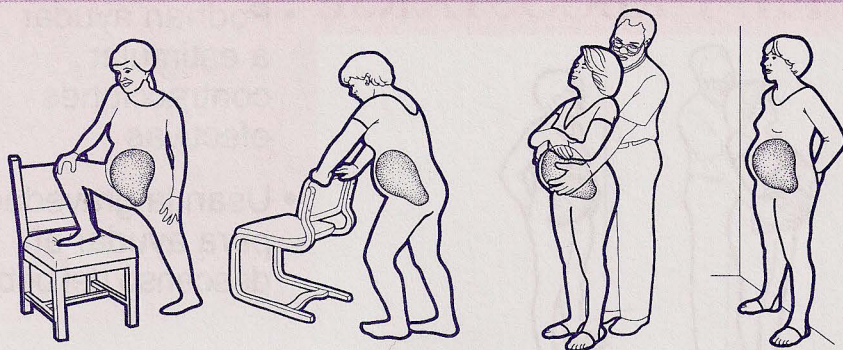


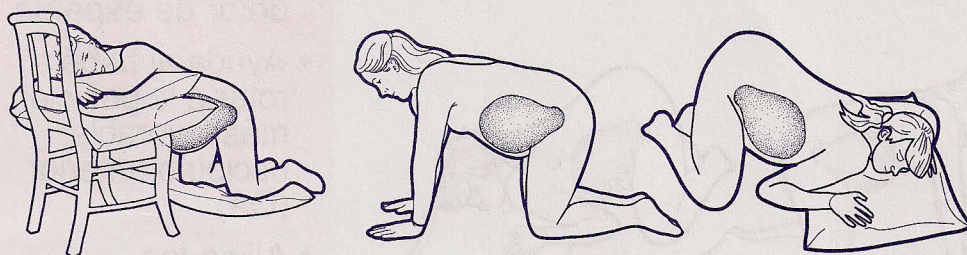
Positions for Laboring Out of Bed

WALKING, STANDING, AND LEANING



- All may help stimulate effective contractions
- All use gravity to help baby's descent

KNEELING



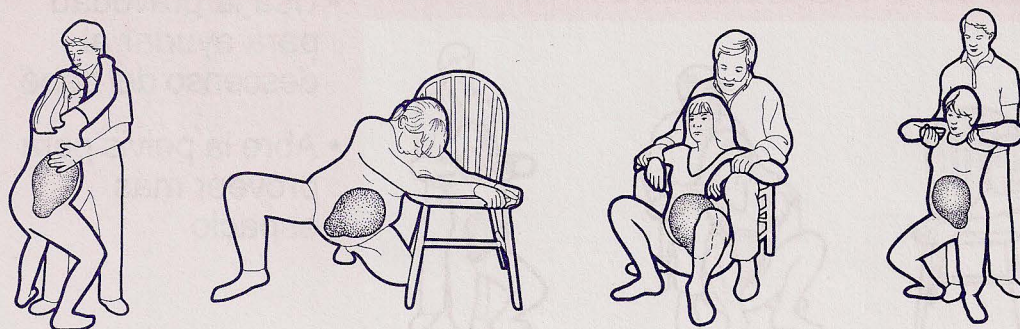
- May relieve back pain
- Helps baby rotate to most favorable position: occiput anterior (OA)
- Relieves hemorrhoids

SITTING



- Uses gravity to help baby's descent
- Allows rest between contractions

SQUATTING



- Uses gravity to help baby's descent
- Opens pelvis to provide more room