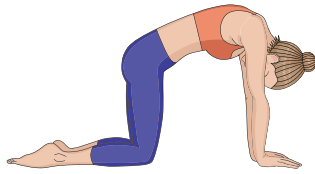


Complementary Medicine Strategies

(used in conjunction with facilitated partner support in a childbirth course that reduced epidurals by 65% and cesareans by 44%)

Levett, K.M., Smith, C.A., Bensoussan, A. & Dahlen, H.G. Complementary therapies for labour and birth study: a randomised controlled trial of antenatal integrative medicine for pain management in labour. *BMJ Open* 2016 Jul 12;6(7):e010691. doi: 10.1136/bmjopen-2015-010691.

MOVEMENT AND YOGA POSITIONS



Cat Pose
(Marjaryasana)



Cobbler Pose



Squat



Legs Wide Stretch
(Upavishta Konasana)



Child's Pose (Balasana)

VISUALIZATION AND RELAXATION



Progressive relaxation and visualizations including "Your Special Place" and "Your Optimal Birth Experience"

MASSAGE



Two Strategies

Strong massage on buttocks where mom feels strongest sensation during contractions

Soft rhythmic movements up and around the back between contractions

BREATHING STRATEGIES

Three Strategies

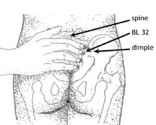
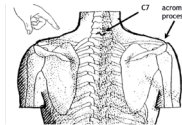
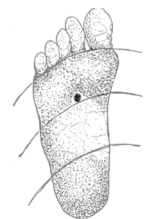
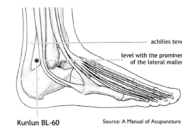
Very slow breathing – in to a count of 10; out to a count of 10

Slow breathing – the soft relaxed breathing one does when falling asleep

The "gentle birthing breath" (for 2nd stage) – focus on keeping jaw and perineum relaxed



ACUPRESSURE



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