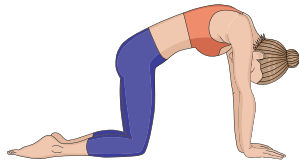


# Complementary Medicine Strategies

(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



Malasana  
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

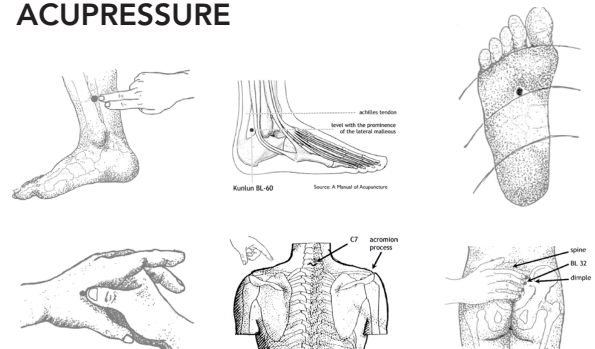
Very slow breathing – in to a count of 10; out to a count of 10

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



Used with permission from Debra Betts: <https://acupuncture.rhizome.net.nz>