

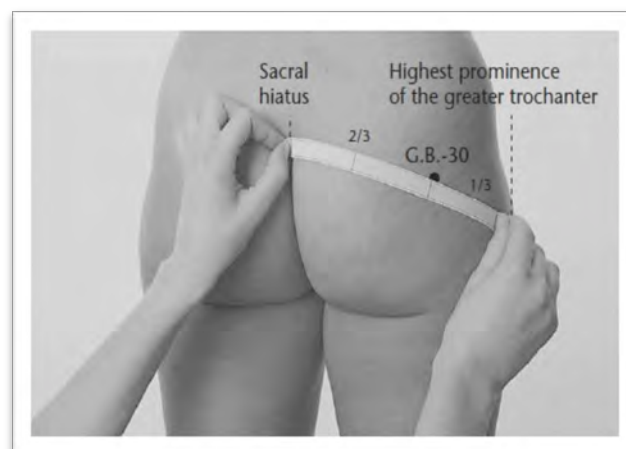
Natural Progression of Labor

Once you have reached full term around 38 weeks, you may feel safer using more aggressive techniques to get the body ready to birth your baby. Doing squats (holding onto a door both handles while swinging back and forth is my favorite) or anything that helps to relax your hips, butt, legs and back muscles will help. Always remember: what gets baby in also helps to get baby out so, sex is suggested at this time. 😊

Point Locations

Gall Bladder 30 (GB30)

Have mom on her hands and knees for this point. Place the palms of your hands on the center muscular part of mom's butt. Squeeze both sides simultaneously with strong pressure inwards for 30 seconds. Find the angle that works best for mom's comfort. Make sure to ask for feedback from her after each time initially. This move is also known as the double hip squeeze. Go back and forth from the sacrum points to this point.



Urinary Bladder 31, 32, 33, & 34 (UB31-43)

These are all in the 8 holes within your sacrum, also known as the butt bone. It is the triangle shaped bone on your backside. Typically you can see a dimple or feel the holes on the sacrum when locating these points. Often they are tender or can feel good with pressure. Moms usually love strong pressure around their sacrum, hips and low back. Massaging her back side to help loosen and ready her body for labor is very helpful. Have mom positioned comfortably on hands and knees or leaning over a birth ball, then press down into the holes for 30 seconds. When utilizing these sacrum points use firm pressure downwards and towards her feet.

