

Standing Sitting Kneeling Lying

1
Early Phase
0-6 cm

Reserve energy
and support the release
of oxytocin.



Sitting



Kneeling

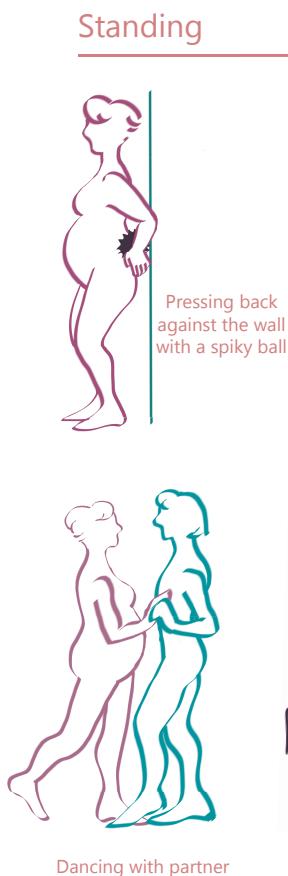


Side-lying with a peanut ball

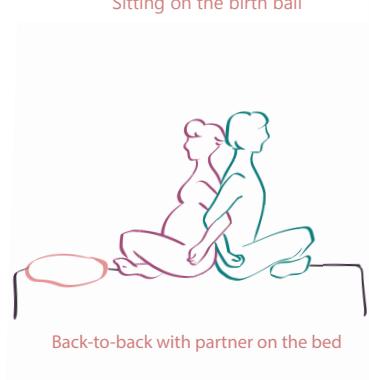
Leaning to a partners
lap or sofa

2
Active Phase
6-8 cm

Active patient.
Supporting
the engagement
and the rotation.



Sitting



Kneeling

Kneeling to
the birth ball



Side-lying with a peanut ball

