

How To Do a Forward-leaning Inversion

Give the utero-sacral ligament and other ligaments a stretch.

1. Kneel on the edge of a couch (or the top of the stairs)
2. Carefully lower yourself to your hands on the floor and then lower yourself to your forearms. Elbows out, hands close.
3. Let your head hang freely. Your chin is tucked.
4. Your knees are close to the edge, your bottom is highest.
5. You can flatten your lower back (posterior pelvic tilt).
6. Take 3 breaths.
7. Come back up on your hands then lift yourself up to a kneeling position again.



Repeat daily. Just 30 seconds is long enough! That's about 3 breaths.

Letting the uterus hang for 30 seconds from the uterine ligaments stretches these ligaments. Swinging back up relaxes the uterine ligaments and makes room in the lower uterine segment. With repetition, the womb becomes more balanced. (The uterus naturally tilts right, so here, balance means without an additional tilt or twist.)

When baby's position is not ideal, help the uterus into a more symmetrical position and the baby will follow.

- Ask for help the first few times you try this.
- You can do this daily at any time in pregnancy – or before!
- Your head may pound a bit for the first 4-8 times you try it. Your body is signaling your unusual position!
- Use a stable surface where you can carefully lean forward to rest your forearms below your knees.
- Be sure to get up and down with out tumbling -or twisting!
- Allow your head to be free to hang freely, chin tucked.
- If baby is breech, do the forward-leaning inversion for 30 seconds and then do the breech tilt for 5-20 minutes. Or, follow with the Open knee-chest position. Do not do Breech Tilt or OKC with a head down baby. When baby is breech, you may do the forward-leaning inversion for 30 seconds each, several times a day along with other techniques to flip a breech.

Alternative: Use an inversion table if you have access to one.

When not to do the Forward-leaning inversion:

- If you have very high, or *pathologically low* blood pressure or are otherwise at risk for a stroke,
- There is so much amniotic fluid around your baby that your doctor monitors you weekly,
- Right after eating (do it when you don't have heartburn),
- In pregnancy, the abdominal tone is unusually loose and your baby flips breech easily,
- The inversion causes pain (remember, your head may pound a bit for the first few times.)
- In labor, if labor progress is normal,
- In labor, if there had been abundant fluid, AND the baby is high, -2 station, **and** the water has released with baby's head high, in which case open the pelvic brim with Walcher's or a variation of Walcher's,
- You don't feel that this is right for you.

In labor. The forward-leaning inversion can be used when baby is head down now. Regular contractions keep baby's head down so the inversion can be held through an entire contraction and between them for 2-3 contractions. It's better to repeat than stay there too long. Make sure the belly isn't leaning against the bed. Let the abdomen hang free. Don't bother with the FLI when labor is progressing, but try it when labor is stalled.