

WOMEN'S HEALTHCARE THROUGH THE LIFE SPAN

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TURNING A BREECH BABY

1. Visualize your baby turning with the head down deep in the pelvis.
2. Swimming as often as possible
3. Headstand position for 5-10 minutes 2-3 times a day
4. Breech tilt- lay on the floor with hips elevated on 5-6 pillows, feet on a chair and head on floor. Or on an ironing board with head down and feet up in the air. Lay in this position for 15-20 minutes daily starting at 32 weeks.
5. Music- place music near pubic bone for 20 minutes twice a day.
6. Flashlight- move it slowly down from top of uterus toward the pubic bone while you are in a breech tilt position.
7. Massage- move your hands from top of uterus to pubic bone around the sides.
8. Clothespin- place on the small toe of each foot at the outside corner of the toenail; sideways so that the toenail and toepad are stimulated for 30 minutes per day. It is an acupressure point for moving down.
9. Juice or sugar- drink while in side-lying position hips higher than shoulders.
10. Pelvic tilts for 10 minutes twice a day.
11. Knee-chest position- chest flat on floor with hips elevated at a 90 degree angle 15 minutes every two hours while awake for 5 days.
12. External version done at the hospital.
13. Webster's breech technique – see a chiropractor for this technique.
14. Acupuncture- find a qualified person to do this technique.