

# GET LABOR GOING WITH *The Miles Circuit*

**What is it?** The Miles Circuit is a series of positions a mom can take before and after labor begins to help baby become properly aligned for birth, as a form of natural induction, and to keep mom moving through contractions.

## Position 1: Open Knee Chest Position

Start on hands and knees, then drop your chest as low as you can and lift your bottom as high as you can. Knees should be fairly wide apart, and the angle between the torso/thighs should be wider than 90 degrees. Move around and use lots of pillows to get totally relaxed. This position allows baby to scoot out of the pelvis a bit and gives room for them to rotate, shift head position, etc. You can position a rebozo under mom's belly, with gentle tension from a support person to help her maintain the position.

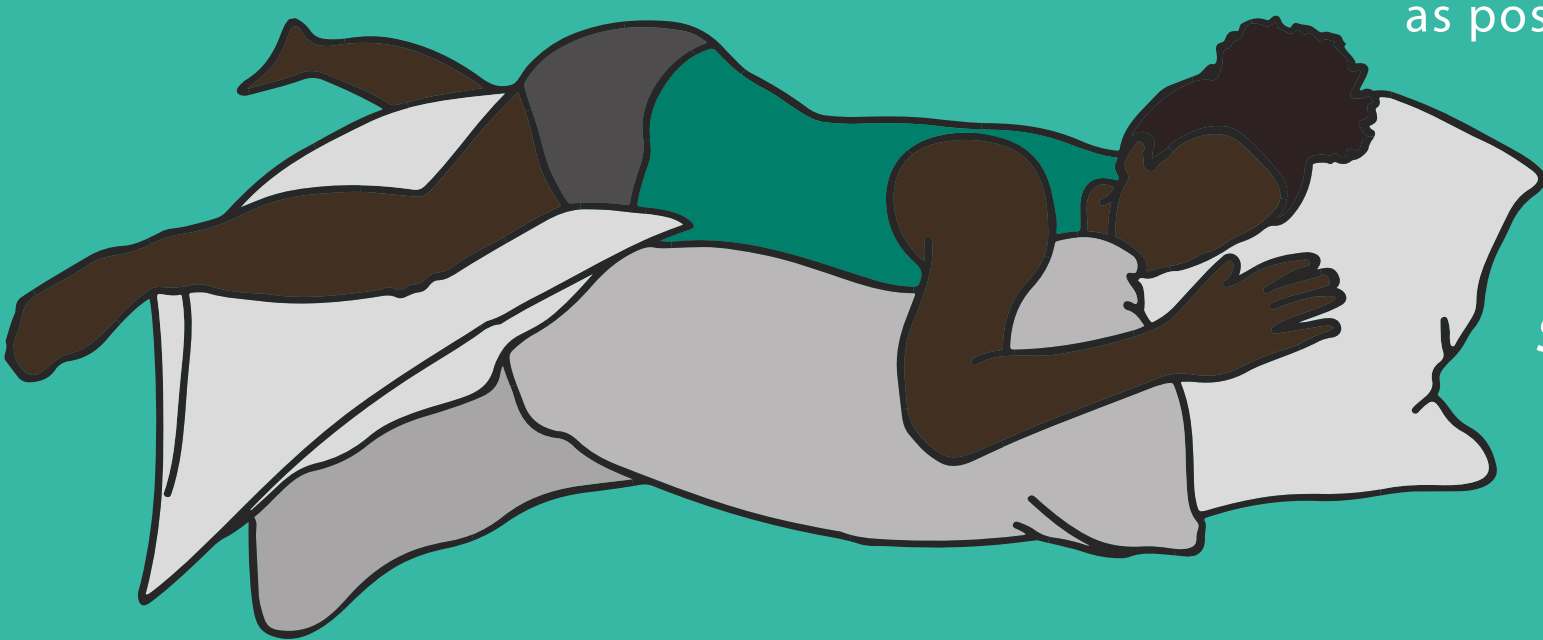
*Stay in this position for 30 minutes*



## Position 2: Exaggerated SIMS

Start lying down on a bed and roll to one side, bringing your top leg as high as possible and your bottom leg straight. Roll forward as much as possible, again using lots of pillows. Sink into the bed and relax. Try and get your leg up towards your head and get as rolled over onto your belly as possible. Feel free to fall asleep!

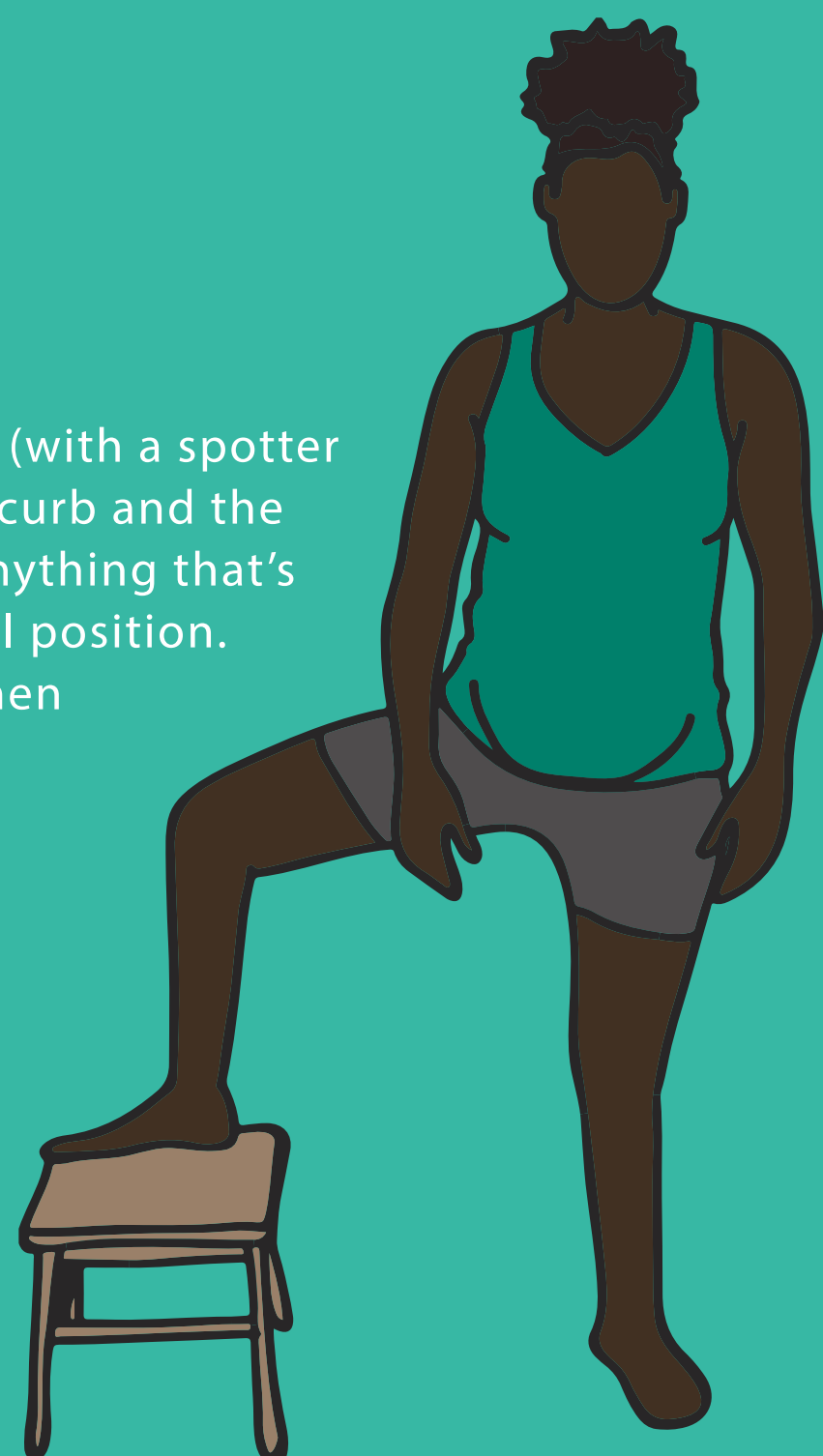
*Stay in this position for 30 minutes*



## Position 3: Get Up and Active

You can do lunges, walk up and down stairs sideways (with a spotter below you), take a walk outside with one foot on the curb and the other on the street, sit on a birth ball and a hula — anything that's upright and puts your pelvis in an open, asymmetrical position. These kinds of movements help baby move down. When lunging, be sure that the toe of the higher leg and mom's belly button are at a right angle. Do not lunge with your belly facing your knee, that closes the pelvis.

*Stay in this position for 30 minutes*



**Before starting** mom should empty her bladder and have water or a sports drink ready for hydration. **After completing** one circuit mom can repeat if she wants!

Information in this infographic comes from:  
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