

POSITIONS IN LABOR

Kneel



Pillow between knees and legs

Back of bed

Knees apart
Feet together

Partner's lap

All Fours

Drop foot of
the bed

Sit



Rocking Chair

Sit forward
on stool

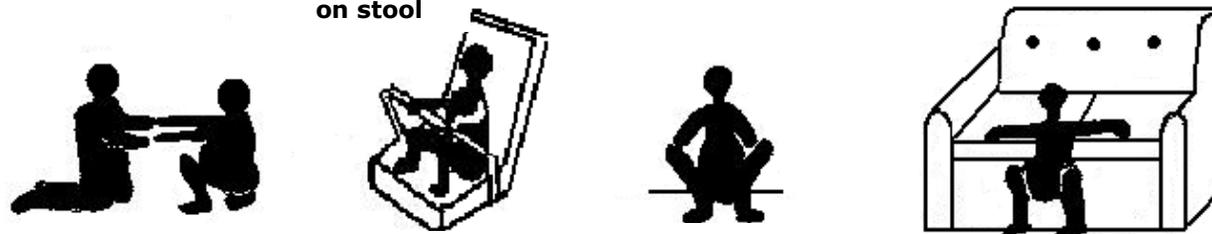
Toilet

Easy Chair

Drop the foot

Foot of bed
removed

Squat



Partner's support

Squat Bar

Wall Support

Sofa

Stand



Walking

Sway side
to side

Lean forward

Lean on
a wall

Lean into
partner



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