



How to Do an Inversion

By: Gail Tully |
February 9, 2007 |
Uncategorized

An inversion is a technique for relaxing the lower uterine ligaments. It also helps a [breech baby flip](#) upside down. I learned the technique from Carol Phillips, a skilled chiropractor and craniosacral therapist who is knowledgeable in the birthing process. Our website lists a number of reasons a pregnant person might do an inversion. See our [Forward-Leaning Inversion page](#) for more information.

If you have questions about your situation, you may look at [SpinningBabies.com](#) for answers.

Do the inversion if you feel athletic enough. Don't do it if you have trouble breathing, with asthma, for instance. Ask your caregiver if there is any medical reason you shouldn't do this. Don't do it right after your breech baby has turned head down.

Inversion Instructions

1. Have a helper to brace your shoulders so you don't come down from the couch too fast.
 2. Have your knees on the edge of the couch.
 3. Come down slowly.
 4. Brace yourself on your forearms.
 5. Relax your belly.
 6. Relax your neck and head.
 7. Hold the pose for 30 seconds for a head down, [posterior baby](#), or a minute for a [breech](#) or [transverse](#) baby, if you can. Start with shorter times in the pose and work up to 30 seconds.
 8. Crawl forward, bringing one knee down to the floor and then the other.
 9. Come to your hands and knees.
 10. Sit up, on your heels and catch your breath.
- Crawl around the room helping the weight of the womb settle forward.

How can you tell if the Inversions worked?

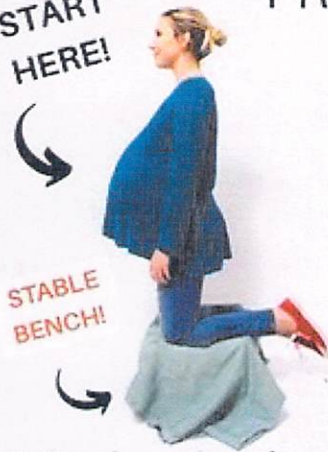
A baby in a transverse lie is lying sideways and the mother's belly, in the last trimester of pregnancy, generally looks wider side-to-side than top-to-bottom. When the baby does move into a vertical position the womb will look different.

Once head down, kicks will be strongest above the navel towards the ribs, and there will be suddenly more pressure in the pelvis. There may or may not be twinges in the cervix. The sides of the womb won't bulge, but one side may have a large mass of firm baby (the back) while the other MAY have limbs. Alternatively, there may be limbs on both sides and "all over" the front without such an obvious firm side when baby faces the front. Learn more at [Belly Mapping](#).

Forward-leaning Inversion!

FROM SPINNING BABIES®!

START
HERE!



STABLE
BENCH!

1. Kneel on edge of couch



2. Hold the edge of couch,
lower to your hands

TAKE 3 BREATHS HERE

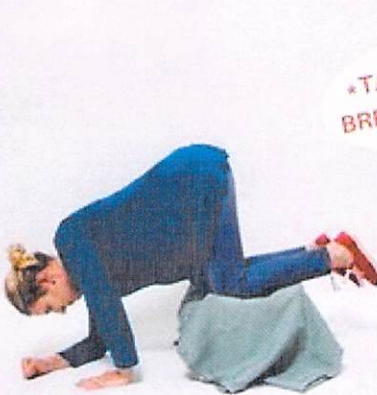


3. Lower yourself down to
your forearms

4. Rise back up to your hands

5. Lift yourself to a high
kneeling position

6. Sit on your feet and
swing them out to get up!



*TAKE 2 MORE
BREATHS HERE*



Do once per day for optimal fetal positioning for labor! :)