

Les positions pour gérer les contractions pendant le travail

Debout, en marchant, en s'appuyant



Facilite la descente de bébé
Intensifie l'efficacité des contractions en accélérant le travail

Sur les genoux



Soulage les douleurs dans le dos (ou les reins)

Soulage en cas d'hémorroïdes

En position assise



Permet de se reposer entre 2 contractions

Optimise l'ouverture du col et aide bébé à s'engager

Accroupie



Permet de se reposer entre 2 contractions
Aide bébé à descendre dans le pelvis

En Position Pour Prospeacuterer

Léo Pomar



En Position Pour Prospeacuterer:

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