The Miles Circuit

www.milescircuit.com

"I named this 'circuit' after my friend Megan Miles, who shared and discussed it with me when I was working with a client whose labor seemed to be stalled out and no longer progressing... This circuit is useful to help get the baby lined up, ideally, in the "Left Occiput Anterior" (LOA) Position, both before labor begins and when some corrections need to be done during labor. Prenatally, this position set can help to rotate a baby. As a natural method of induction, this can help get things going if baby just needed a gentle nudge of position to set things off. To the best of my knowledge, this group of positions will not "hurt" a baby that is already lined up correctly." - Sharon Muza

Before you begin...

- This circuit takes at least 90 minutes to complete so clear your schedule and make mental preparations so you can relax in your environment.
- The second step requires a lot of pillows so gather them up before beginning
- Before starting, you should empty your bladder!
- Have a nice drink nearby, and make sure it has a straw!
- If you are having contractions, this circuit should be done through contractions, try not to change positions between steps

Step One: Open-knee Chest

Stay in this position for 30 minutes, start in cat/cow, then drop your chest as low as you can to the bed or the floor and 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. Wiggle around, prop with lots of pillows and use this time to get totally relaxed. This position allows the baby to scoot out of the pelvis a bit and gives them room to rotate, shift their head position, etc. If the pregnant person finds it helpful, careful positioning with a rebozo under the belly, with gentle tension from a support person behind can help maintain this position for the full 30 minutes.

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Step Two: Exaggerated Left Side Lying

We know the photo the left is actually right side... just flip the image in your head.

Roll to your left side, bringing your top leg as high as possible and keeping your bottom leg straight. Roll forward as much as possible, again using a lot of pillows. Sink into the bed and relax some more. If you fall asleep, that's totally okay and you can stay there! If not, stay here for at least another half an hour. Try and get your top right leg up towards your head and get as rolled over onto your belly as much as possible. If you repeat the circuit during labor, try alternating left and right sides.

Step Three: Moving and Lunges

Lunge, walk stairs facing sideways, 2 at a time, (have a spotter downstairs of you!), take a walk outside with one foot on the curb and the other on the street, sit on a birth ball and hula- anything that's upright and putting your pelvis in open, asymmetrical positions. Spend at least 30 minutes doing this one as well to give your baby a chance to move down. If you are lunging or stair or curb walking, you should lunge/walk/go up stairs in the direction that feels better to you. The key with the lunge is that the toes of the higher leg and mom's belly button should be at right angles. Do not lunge over your knee, that closes the pelvis.

Miles Circuit Masterminds

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