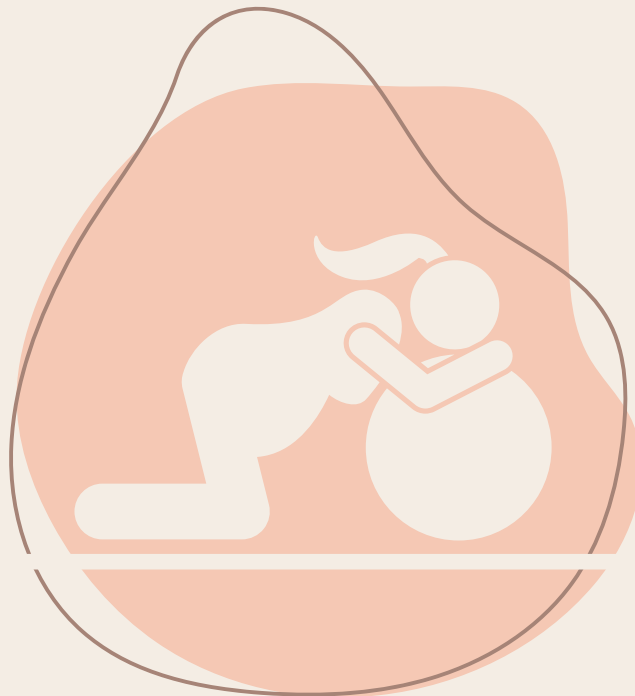
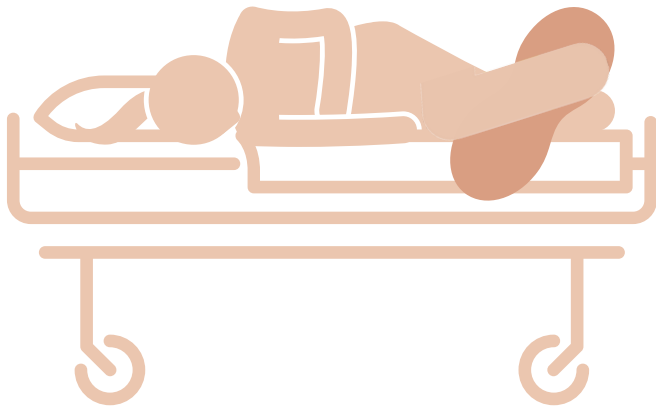


*light at the end of the tunnel!*

# PUSH MENU





### Side Lying

Narrow the Knees to Push with Ease!  
Not working with gravity but good if you need the rest!



### Birthing Stool

Upright and using gravity, but less strenuous than squatting.  
pressure off tailbone



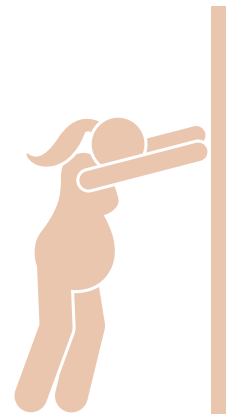
### Squat Bar

Squats widen pelvis and utilize gravity



### Hands and Knees

Relieves back pressure, wide pelvis,  
assists rotation,  
good access for birth team



### Standing

Utilizes gravity but most hospitals prefer a closer to soft landing approach.  
Can use bed's squat bar with bottom of bed removed.



### Supported Kneeling

Pressure off tailbone and Upright