

What is the Hip Squeeze?

The hip squeeze is a type of pressure massage that can relieve lower back pain in labor.

Why does the Hip Squeeze work?

During labor the pressure of the baby's head on the pelvis stretches the pelvis. The hip squeeze pushes the pelvis back into a relaxed position relieving the pressure of the stretch.

How do I do it?

Have the mother move into whichever variation of the hands and knees position she finds most comfortable. Begin by gently placing your hands on her hip bones to find proper placement, then slide your hands onto her back while keeping them on the large hipbones.

Keep one hand on each bone and your thumbs pointed toward the spine forming a "W". Push the hipbones "in and up" towards the mothers body, and at the same time towards the mothers shoulders as if you needed to press on the bones and slide them up her back.

Some sample hip squeeze techniques:

Try the hip-squeeze while the mother is in a standing position, leaning over a table or counter. Encourage her to sway gently during the contraction as you squeeze.

With the mother leaning over a birth ball, encourage the mother to rock back and forth as you do the hip squeeze.

Alternate the hip squeeze with counter pressure on the mother's lower back, doing each massage for one full contraction

Many moms in labor experience low back pain or pressure. As the baby settles lower into the pelvis, the head puts more pressure on the sacrum. To counter this pressure, moms generally like the hip squeeze. It's an effective, non-medicinal pain relief. It can be performed using one partner or two. Here is how.

Instructions

Step One

Mom should be in a position where her back and hips are exposed. By exposed, I mean that her partner should be able to reach them easily. The easiest way to do this is by getting on all fours either on the floor or on the bed.

Step Two

With one partner, the partner must use both hands. He can stand over her or kneel behind her with his knees on the outside of her legs.

Step Three

The partner should take his palms and place them on the top of her ilium crests with his fingers pointing inward toward the lower part of her back. At the same time, he should push steadily inward and slightly upward. When this movement is done correctly, Mom will generally feel a relief in the lower part of her back.

Step Four

If two partners are present, each partner should stand on opposite sides of Mom.

Step Five

Each partner should place one palm on Mom's ilium. At the same time, both partners should push in slightly, then upwards, giving Mom a sensation of back relief.

Tips & Warnings

- Partners should apply this movement anytime the mother requests, which is typically during a contraction.
- If you are doing this solo, try other comfort measures because your hands and shoulders will get very sore from continuous pressing in.
- Ask Mom how much pressure she likes. Typically, she will tell you before you have to ask.
- Make sure you don't press too hard. Too much pressure can make the mother's hips feel very sore or bruised the next day.

<http://www.birthingnaturally.net/cn/technique/hipsqueeze.html>

Pictures: <http://www.childbirth.org/articles/hip.html>

http://www.ehow.com/how_2224341_do-double-hip-squeeze.html