

Before mom start the process of the Side Lying Release then the Shake Rattle and Roll, be sure she empties her bladder first.

Side Lying Release by Gail Tully

Have mom lay on her right side on a firm surface (like a table or her bed) all the way to the edge. She will need a helper to assist her . Mom needs to bring her belly all the way out over the table or bed that she is laying on while the rest of her body is totally straight. She will need her helper to hold her and prevent her from rolling off. With shoulders “stacked” or the top shoulder is directly above the lower shoulder and her hips are also “stacked”. Then have mom bring her top leg forward and let it “hang” in front of her body. Mom should feel a gentle stretch in her lower back. Her leg will hang there for a 1-2 minutes then suddenly it will slowly start to “droop” lower. It will only “droop” about an inch or two. Then she is done with that side. Now lay on the left side and repeat the process. It is VERY important that mom does this on BOTH SIDES to make sure her pelvis is balanced.



After this, she can continue to the Shake Rattle and Roll if baby is not kicking on moms right side and baby’s back is not on moms left side.