

Understanding Breech Presentation

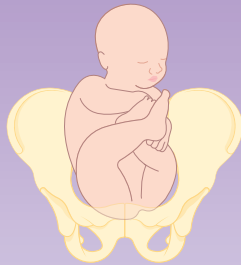
What is Breech Presentation?

Breech presentation refers to a baby being positioned with its bottom pointed down. This is the opposite of the normal “head-down” position (cephalic presentation). Breech presentation can make labor and delivery more complicated. It’s important for expectant mothers to be informed about this condition and its management.

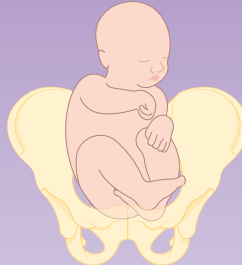
Breech presentation is more common in early stages of pregnancy. However, by 28 weeks, only about 20% are breech and this decreases to 3-4% at term (37-40 weeks).

In most cases, a breech presentation does not necessarily indicate a problem. However, if the baby remains in a breech position closer to your due date, your healthcare provider will discuss options. This may include attempts to turn the baby or planning for a cesarean delivery.

There are 3 main types of breech positions:



FRANK BREECH



COMPLETE BREECH



FOOTLING BREECH

What can be done to turn a breech baby?

If your baby is in a breech position, your healthcare provider may discuss options to help turn your baby to a head-down position before delivery, including:

External Cephalic Version (ECV):

This is a procedure where a healthcare provider applies gentle pressure on your abdomen to try and turn the baby to a head-down position. It is usually done after 37 weeks of pregnancy and will require inpatient monitoring for any complications. ECV is not always successful and may not be an option. A consultation with a provider who performs ECV is needed prior to performing to determine if you’re an appropriate candidate.

Positional Techniques:

In some cases, your doctor may recommend specific exercises or positions, like spending time on hands and knees or using pelvic tilts, to encourage the baby to turn. These exercises may be suggested before attempting ECV or if ECV is not an option.

Resources such as www.SpinningBabies.com are available for reference.

Chiropractor:

Certain chiropractors are certified in “Webster’s Technique” - which is a specific chiropractic adjustment that focuses on correcting alignment which would aid in the baby turning head-down.