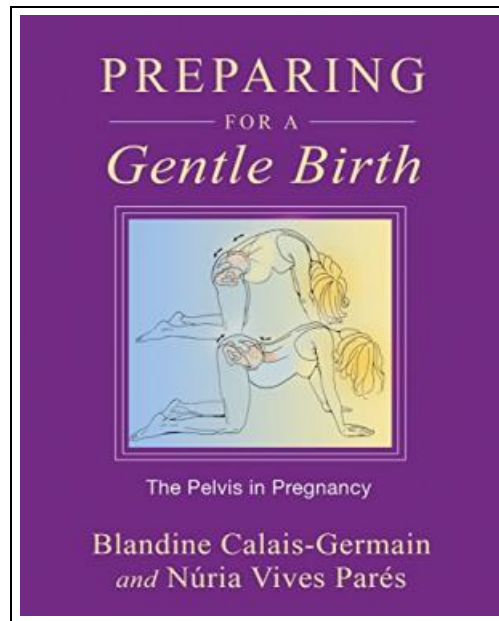


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Inner Traditions Bear and Company, United States, 2012. Paperback. Condition: New. Original ed.. Language: English . Brand New Book. An illustrated hands-on guide to the dynamics of the female pelvis for expectant mothers, midwives, and birth professionals - Provides fully illustrated exercises to help the expectant mother prepare her pelvis for birth and gain confidence in her body's innate ability to birth her child - Details the anatomical intricacies of the female pelvis and its capabilities for expansion and return to its original form - Presents movements and positions to ease discomfort, enhance the productivity of contractions, aid the internal expansion of the pelvis, and prevent and treat issues that may arise such as failure to progress The dynamic power of the female pelvis is the key to a gentle birth. Throughout pregnancy, hormones soften the ligaments and joints of the pelvis in preparation for labor, a time when the four bones of the pelvis--the two ilia (hip bones), the coccyx (tailbone), and the sacrum--do their intimate dance of release, rotation, and counter-rotation around the soon-to-be newborn. In this hands-on guide based on 15 years of research and workshops in maternity wards, movement teachers and health professionals Blandine Calais-Germain and Nuria Vives Pares detail the anatomical intricacies of the female pelvis and its capabilities for expansion and return to its original form. Providing fully illustrated exercises to help the expectant mother prepare for this pelvic transformation and gain confidence in her body's innate ability to birth her child, they also present a variety of movements and positions for use during the different stages of labor to ease discomfort, enhance the productivity of contractions, aid the internal expansion of the pelvis, and prevent and treat issues that may arise such as failure to progress. Ideal for the expectant mother...



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