

What is the Miles Circuit and how does it help?

Essentially, the Miles Circuit was developed and is used right around 37 weeks to help get and keep baby in an optimal position for birth, considered to be the Left Occiput Anterior (LOA) position. The LOA indicates a baby who is head down, facing towards the back, head tilted slightly so that the back of the head is towards mama's left thigh. When going through the 3-step circuit of positions of relaxation and active stretches) your baby might move to this LOA position and even start to engage, which may help signal your body to begin the labor process.

Ask your health care professional if it is safe for you to begin to use the Miles Circuit, and if you get the green light, you should plan to do the Circuit every day, or every other day, until labor begins. It is also helpful in the early stages of labor to encourage baby to keep moving down and hopefully getting to that LOA position. It has also been shown to help give relief during back labor, and even get a stalled labor moving again.

When you first start the program, you will want to do each step for only 5-10 minutes and slowly work your way up to the full 30 minutes for each.

I highly recommend that you visit the website, www.milescircuit.com, which will give you all the information, including the 3 steps of the Circuit. Remember to ask your healthcare provider if you are ready to start using this once you get to 37 weeks.