



THE MILES CIRCUIT

How to use simple positions and movements before and during labor to help the baby move into an ideal LOA (Left Occiput Anterior) position for birth.

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I am a Seattle-based Lamaze Certified Childbirth Educator and Certified Birth Doula (DONA) and as well as a DONA Approved Birth Doula Trainer and Lamaze Certified CBE Trainer serving Seattle and virtually/traveling.

I named the Miles Circuit after my friend, Megan Miles, a doula and student midwife, who first shared it with me, as I brainstormed ideas to help a client have a successful VBAC.

It has worked so many times both pre-labor and during labor that I now teach it in doula trainings, childbirth classes and share with my clients!

WHEN TO USE THE MILES CIRCUIT

PREGNANCY + INDUCTION

The Miles Circuit positions can help to rotate a baby during the final weeks of pregnancy. As a natural method of “induction”, it can also help get things going if baby just needed a gentle nudge of position to set things off.

DURING LABOR

In labor, I often suggest the Miles Circuit positions when labor seems to not be progressing, (i.e., contractions are not getting longer, stronger, and closer together) the pregnant person has back labor, or the position is determined to be not LOA, either by vaginal exam or external palpation or ultrasound.

To the best of my knowledge, this group of positions will not “hurt” a baby that is already lined up correctly.

THE BASICS

The entire circuit should take 90 minutes from start to finish, and if contractions are present, the circuit is done right through the contractions. Before starting, the pregnant parent should empty their bladder and have a nice drink in a sports bottle nearby for hydration.



Open Knee Chest Position



Get Up and Active



Lateral Recumbent Position

OPEN KNEE CHEST POSITION

- #1 Spend 30 minutes in open knee chest- start in cat/cow, then drop your chest as low as you can to the bed or floor and your bottom as high as you can.
- #2 Knees should be fairly wide apart, and the angle between the torso/thighs should be wider than 90 degrees.
- #3 Wiggle around, prop with lots of pillows, and use the time to get totally relaxed. This position allows the baby to scoot out of the pelvis a bit and gives them room to rotate, shift head position, etc.
- #4 If the laboring person finds it helpful, careful positioning with a rebozo under their belly, with gentle tension from a support person behind can help them to maintain this position for the full 30 minutes. I think this is key to being able to maintain this position..



LATERAL RECUMBENT POSITION

- #1 Roll to one side (whatever feels better), bringing the top leg as high as possible and the bottom leg straight.
- #2 Roll forward as much as possible, again using lots of pillows. Your bottom shoulder should be behind your top shoulder.
- #3 Sink into the bed and relax some more. If you fall asleep, great, but if not, stay here for at least another half an hour.
- #4 Try and get your leg up towards your head and get as rolled over onto your belly as possible. A peanut ball helps!



GET UP AND ACTIVE POSITIONS

- #1 Lunge, walk stairs facing sideways, 2 at a time, (have a spotter stand downstairs of you!). If you are lunging or stair or curb walking, you should go in the direction that feels better to you.
- #2 Take a walk outside with one foot on the curb and one on the street, sit on a birth ball and hula - anything that's upright and putting your pelvis in open, asymmetrical positions.
- #3 The key with the lunge is that the toe of the higher leg and the pregnant person's belly button should be at right angles. Do not lunge with your belly facing your knee, that closes the pelvis. Keep your knee parallel to your hip, during these movement, no higher!
- #4 Spend at least a 30 minutes doing this one as well to give your baby a chance to move down.



QUESTIONS?

Please contact me at sharon@sharonmuza.com. If you're a perinatal professional, be sure to check out my advanced workshops for doulas, childbirth educators, nurses & more.

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