

THE MILES CIRCUIT

The Miles Circuit is a series of three positions, each held for 30 minutes for a total of 90 minutes.

The Miles Circuit helps:

- Encourage baby to get into an optimal position (ex. if the are sunny side up)
- Support the progression of contractions if they have stalled or slowed down
- Avoid interventions by guiding baby to move down into the pelvis



OPEN KNEE-CHEST POSITION

- start on your hands and knees
- space knees farther apart than hips
- drop your chest to the floor
- the angle of your hips should be larger than 90°
- your partner can place a rebozo across your hips for added support
- hold position for 30 minutes

HOW IT WORKS

- allows baby's head to slide out of pelvis so they can rotate into an optimal position

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EXAGGERATED SIDE- LYING POSITION

- lay on your side, whichever side is more comfortable
- lift your top knee towards your chest while keeping your bottom leg straight
- bolster body with pillows under the top knee, under your head and behind your back
- hold position for 30 minutes

HOW IT WORKS

- helps baby rotate into the optimal position and descend back into the pelvis

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UPRIGHT AND ASYMMETRICAL POSITION

- engage in activities that involve an upright position and asymmetry through the hips
- stair or curb walking
- rocking back and forth with one leg elevated (use a stool or your couch)
- switching legs is okay
- find an activity that feels comfortable to continue for 30 minutes



HOW IT WORKS

- helps baby descend deeper into the pelvis

CONSIDERATIONS

- the Miles circuit can be used in the final weeks of pregnancy and during early/active labour
- focus on positions that are comfortable and allow you to move
- consult a health professional
- have a support person near by
- listen to your body, stop if something feels off

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