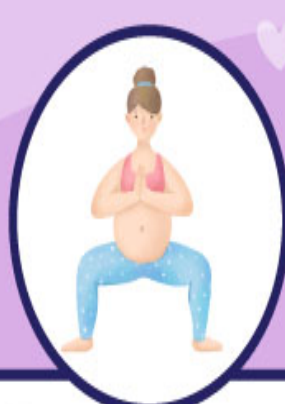


# How Squats Help Induce Labor



Deep squats elongate the pelvic floor muscles and stretch the perineum.



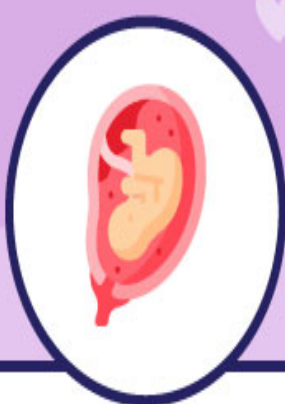
Squatting broadens the pelvic region to accommodate the descending baby.



It helps to speed up labor by inducing effective contractions.



It uses gravity to facilitate easy downward movement of the baby.



It may help in correctly positioning the baby for delivery.



It allows the mother to shift her body weight as per comfort.

## References:

- 5 exercises and techniques to train for childbirth; UT Southwestern Medical Center
- 9 Helpful Movements For Labor and Birth; Lamaze International
- 8 Key Labor Positions Proven to Help Labor Progress; Illinois Perinatal Quality Collaborative