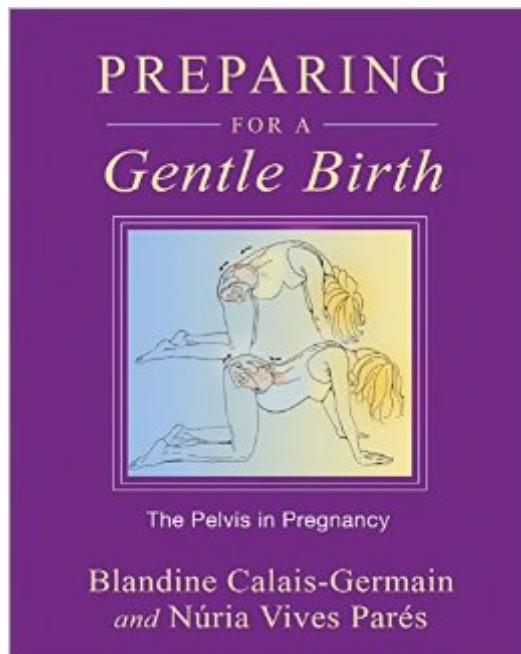


The book was found

Preparing For A Gentle Birth: The Pelvis In Pregnancy



Synopsis

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 Nelia Vives ParÃ©s 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 and her birthing partner, this book will be a welcome addition to the library of every midwife, obstetrician, doula, and movement professional who teaches pregnant women.

Book Information

Paperback: 192 pages

Publisher: Healing Arts Press; Original ed. edition (September 27, 2012)

Language: English

ISBN-10: 1594773882

ISBN-13: 978-1594773884

Product Dimensions: 8 x 0.4 x 10 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars • See all reviews (7 customer reviews)

Best Sellers Rank: #440,046 in Books (See Top 100 in Books) #57 in Books > Health, Fitness & Dieting > Exercise & Fitness > Pregnancy #808 in Books > Health, Fitness & Dieting > Women's

Customer Reviews

I have read Calais-Germain's other books on anatomy and movement, and thought them practical. As a midwife, I must understand how the pelvis works and how to work with the pelvis to facilitate birth. This book provides more information than I have found before. The author's perspective, that the pelvis is a dynamic region and moves, leads to a deep and complex understanding. Most texts seem to be tacitly based on a view that the pelvis is static and immobile; Kegel-types of exercises are often the only activity mentioned. I recommend this to students and senior practitioners. Midwives, L&D nurses, doctors, and doulas would benefit from this increased understanding of this region so critical to pregnancy and birth.

Excellent for understanding the anatomy of the pelvis and how to prepare for a natural birth. This is a real anatomy book- so if you are not interested in or get overwhelmed by anatomy, this book is not for you. There are great pictures and diagrams, making the anatomy easy to digest and understand.

The content is completely different from other books on midwifery and obstetrics. This is the first book to address what can be done in pregnancy and labor to avoid cephalopelvic disproportion. It describes the pelvis as a somewhat flexible structure rather than one that is cast in stone.

I would suggest this to people especially women planning to have a baby to know more about their pelvis and giving birth. a must read. Of course to professions working with women's pregnancy can certainly use the book.

[Download to continue reading...](#)

Preparing for a Gentle Birth: The Pelvis in Pregnancy Atlas De Bolsillo De Cortes Anatomicos: Tomografia computarizada y resonancia magnetica. Torax, corazon, abdomen y pelvis/ CT and MRI. Thorax, heart, abdomen and pelvis (Spanish Edition) Pregnancy: The BEST Pregnancy Handbook For First Time Moms And Dads: Pregnancy, Motherhood, Childbirth, Pregnant, Healthy Kids, Healthy Children, parenting, toddlers ... diet, Breastfeeding, Newborn, Infant Care) Jesus, the Gentle Parent: Gentle Christian Parenting (Little Hearts Handbooks) Gentle Babies Essential Oils and Natural Remedies for Pregnancy, Childbirth, Infants and Young Children How to Teach Your Baby to Be Physically Superb : Birth to Age Six (More Gentle Revolution) Maternal Fitness:

Preparing for a Healthy Pregnancy, an Easier Labor, and a Quick Recovery Dad's Playbook to Labor & Birth: A Practical and Strategic Guide to Preparing for the Big Day Your Pregnancy & Newborn Journey: A Guide for Pregnant Teens (Teen Pregnancy and Parenting series) Foundations for a Fit Pregnancy: Staying strong and active during pregnancy Pregnancy: For The First Time Moms, What They Don't Tell You (Pregnancy Today Book 1) Pregnancy: First Time Moms- Getting Pregnant, Childbirth, and Newborn (first time mom, pregnancy, newborn, childbirth, obstetrics, parenting, motherhood) Everything You Need to Know to Have a Healthy Twin Pregnancy: From Pregnancy Through Labor and Delivery . . . A Doctor's Step-by-Step Guide for Parents for Twins, Triplets, Quads, and More! The Multiple Pregnancy Sourcebook: Pregnancy and the First Days with Twins, Triplets, and More Drugs During Pregnancy and Lactation, Third Edition: Treatment Options and Risk Assessment (Schaefer, Drugs During Pregnancy and Lactation) Taking Charge of Your Fertility: The Definitive Guide to Natural Birth Control, Pregnancy Achievement, and Reproductive Health From the Hips: A Comprehensive, Open-Minded, Uncensored, Totally Honest Guide to Pregnancy, Birth, and Becoming a Parent Bountiful, Beautiful, Blissful: Experience the Natural Power of Pregnancy and Birth with Kundalini Yoga and Meditation Yoga for Pregnancy, Birth, and Beyond Yoga Mama, Yoga Baby: Ayurveda and Yoga for a Healthy Pregnancy and Birth

[Dmca](#)