



Balancing Birth Syllabus

Bony Pelvis

Intro to Bony Pelvis

- Inlet
- Midpelvis
- Outlet

5 Soft Tissue Pelvic Levels in Birth

Intro to 5 Soft Tissue Pelvic Levels



Inlet Balances (Level 1)

Balancing Muscles

- Paraspinals
- QL
- Latissimus Dorsi
- PSOAS
- Iliacus
- Glutes (Maximus, Medius, Minimus)
- TFL + IT band
- Respiratory Diaphragm

Balancing Ligaments

- Inguinal Ligaments (Pelvic ligament)
- Broad Ligament (Uterine Ligament)
- Round Ligaments (Uterine Ligament)
- Posterior Sacroiliac Ligaments (Pelvic Ligament)
- Iliolumbar Ligament (Pelvic Ligament)
- Iliofemoral Ligament (Capsular Ligament)

Balancing Fascia

- Balance Techniques for the Inlet

Protocols

- Induction
- Ruptured Waters with no contractions
- ROP deflexed
- Engagement Issues
- Pendulous Abdomen
- Prolonged Latent Phase for any other reason
- Early epidural with “failure to progress”



Upper Transitional Level Balances (**Level 2**)

Balancing Muscles

- Piriformis

Balancing Ligaments

- Uterosacral Ligaments (Uterine Ligament)

Balancing Fascia

- Balance Techniques

Protocols

- “STUCK AT -2”
- Baby between -2 and -1 for long time
- “High -1”

Midpelvis Balances (**Level 3**)

Balancing Muscles

- Paraspinals
- Deep 6
- Pelvic Diaphragm/Pelvic Floor

Balancing Ligaments

- Sacrospinous Ligaments (Pelvic Ligament)
- Uterosacral Ligaments (Uterine Ligament)

Balancing Fascia

- Balance Techniques for the Midpelvis

Protocols

- Ascyncliticism
- Stall with epidural and high dilation
- Pelvic Floor Imbalance
- Narrow Space between the spines
- Deep Transverse Arrest

Lower Transitional Level Balances (**Level 4**)

Balancing Muscles

- Obturator Internus
- Obturator Externus
- Puborectalis and Pubococcygeus muscles

Balancing Ligaments

- Uterosacral Ligaments (Uterine Ligament)

Balancing Fascia

- Balance Techniques

Protocols

- 9.5 cm (Anterior Cervical Lip)
- Baby “trampolining” between +1 and +2
- “20 more minutes and we’ll try for a high vacuum”

Outlet Balances (Level 5)

Balancing Muscles

- Pubococcygeus and Iliococcygeus
- Urogenital Triangle
- Deep 6
- Respiratory Diaphragm

Balancing Ligaments

- Sacrotuberous Ligaments (Pelvic Ligament)
- Arcuate Ligament (Pelvic Ligament)
- 5 Sacrococcygeal Ligaments (Pelvic Ligaments)

Balancing Fascia

- Balance Techniques for the Outlet

Protocols

- +2 no descent
- Fully dilated, No descent
- “Ineffective Pushing”
- OP deflexed in Outlet
- “Small Outlet”
- “20 more minutes till vacuum”