

	Anterior (ideal)	Posterior (sunny side up)
In latent labor:	Gradual onset	Start & stop pattern common
	Short contractions that get longer	Contractions can start very long and get shorter later
	Mild contractions get stronger	Can seem like transition in latent labor and get milder later
In early labor:	Manageable if not fearful	Often no back labor yet
	Occasionally a 3-4 cm lull	Strong contractions but dilation not more than 3-4 cm.
	Time to 4 cm not clinically important – meaning healthy women can eat; labor at home now etc.	Time to 4 cm can be 24 hrs if rotation needed to enter brim
In active labor:	Primip rotation typical at 5 cm	Rotation if roomy midpelvis
	5cm is an emotional time	5 cm can be peak of pain if rotation happens then; transition can seem milder
	8 cm peak of labor pain	Lull at 6 and lip at 9
	Symmetrical contraction pattern	Contractions double peak; cluster
Pushing:	Lull of 5-30 min is common	Lull of one or several hours before urge to push at 10 cm
	Lull possible when flexion is slight and molding necessary	Contractions can be spaced far in long labor; mother could rest between
	Ok to curl back and tuck chin	Straight or arched back helps baby fit and descend better than a curled back

Patterns Of Labour

Raffaela Di Napoli



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