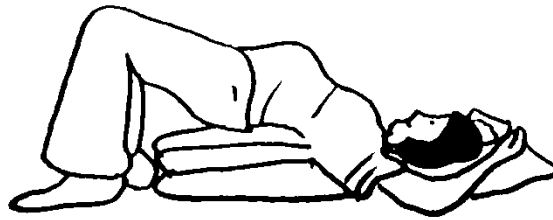




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DR. SOUZA'S BREECH EXERCISE



This exercise was developed by Dr. Juliet DeSa Souza to help change the position of the baby from breech to vertex (head-first). Dr. Souza claimed that in a series of 744 patients, this exercise worked 88.7% of the time.

To perform the exercise, assume the above position for 10 minutes at a time, twice a day. This should be done on a hard surface with the pelvis raised by pillows 9-12 inches above the head. It is important to do this on an empty stomach.

The purpose of the exercise is to move the baby out of the pelvis so that it can turn to a head-first position by its own activity. According to Dr. Souza, even when this treatment fails to make the baby turn, it frequently dislodges the baby from the pelvis sufficiently to allow the baby to be turned by the obstetrician during a subsequent prenatal visit.