



**Alfredo Gei, M.D., P.A.**

**HOUSTON CENTER FOR MATERNAL FETAL MEDICINE**

6400 Fannin Street  
Suite 1900  
Houston, Texas 77030  
Phone: (281) 941-2237  
Fax: (832)209-2733

## How to Get a Breech Baby to Turn

By eHow Parenting Editor

### Introduction

It is only a few weeks until your due date and your baby is still lying breech. There are some simple exercises that you can do to encourage a breech baby to turn before you resign yourself to a Cesarean section. Many OB/GYNs recommend these natural exercises to stimulate babies into the head-down position.

### Instructions

**Difficulty:** *Moderate*

#### Step One

**Try breech tilts.** Lie on your back and use pillows to raise your hips about a foot. Roll from side to side for 10-15 minutes at least 3 times per day. This exercise is best when your baby is active or you have not eaten for a while.

#### Step Two

**Rock your pelvis.** Get on all fours and arch your back while tilting your pelvis. Return your back to a straight position and relax the pelvis. Repeat 30-40 tilts, 3 times a day.

#### Step Three

**Use music and lights to encourage the baby to turn.** Get on all fours with your head lower than your pelvis. Place a lit flashlight directly against your skin low on your stomach. Turn on your iPod or iPhone at a medium-high volume and put the headphones against your skin at the base of your stomach. The baby may be curious about the lights and music and turn to that direction.

#### Step Four

**Elevate the pelvis.** Prop a sturdy board against the sofa and lie on it with your pelvis at the top for 8 to 10 minutes a day.

#### Step Five

**Lie on your back and prop your feet against the wall.** Push your feet against the wall and use this resistance to lift your hips. Place a towel or pillow under your back to keep your hips higher than your shoulders. Try this exercise for 10 minutes 3 times a day.