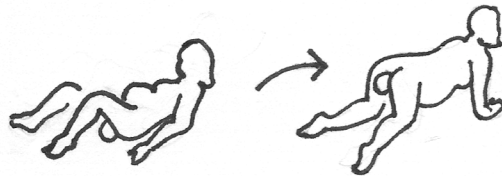


Flip FLOP

Easy to remember, Easy to do.

Flip P

F



Gaskin's

Flip the mom over

Over to Gaskin's The movement is the point here.

L

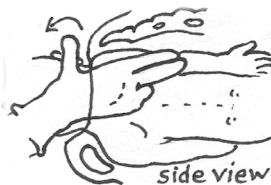
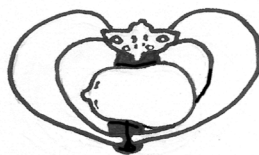


Running Start

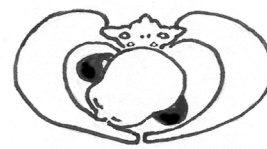
Lift the leg(s)

On H & Ks, lift Rt. leg , or, if known, the leg on side of baby's back.

O



side view

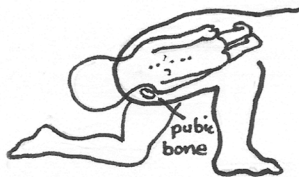


bottom view

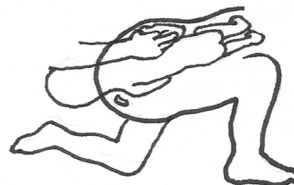
Rotate the shoulder into the Oblique

Posterior arm is easier to move.

P



Bring out the Posterior arm



Bend elbow first. If needed rotate baby and repeat.

