

Oula

Oula's At-Home Guide for Optimizing Fetal Positioning



Phase one:

Daily movements at home from 16 weeks

Benefits of physical activity in pregnancy

Moving your body during pregnancy benefits both you and your baby by improving sleep and mood, lowering stress, decreasing gestational diabetes risk, easing aches and pains, supporting baby's positioning for labor, and setting you up for a smoother recovery after you give birth.

The good news? For most pregnancies, exercise isn't just safe—it's recommended. Here are some key movements to get you started!

MOVEMENT SNACKS FOR YOUR BUSY LIFE

Add small bursts of activity throughout your day while at home or at work:

- Shoulder rolls between meetings
- Balance on one leg while brushing your teeth
- 5-10 squats each time you stand up

- Pelvic tilts while waiting on the microwave

Note: While standing, tilt your pelvis anteriorly by arching your lower back back then tilt your pelvis posteriorly by tucking your tailbone.



Pelvic tilts

How your movement impacts baby's position

The way you sit, stand, and move influences baby's position. Upright and forward-leaning positions create more pelvic space, encouraging baby to settle head-down. Vary your sitting postures, try an exercise ball, and take regular movement breaks. **Remember: there's no perfect posture**—what matters is moving regularly and often.

Referral for physical therapy

Oula supports and recommends physical therapy for personalized guidance on safe, effective movement throughout pregnancy. A physical therapist can help you find exercises that challenge and support your body—with the right modifications as you grow. Ask your Oula provider for a referral at your next visit!

Phase two:

Daily movements at home from 34 weeks

At 34+ weeks, these daily practices help encourage the baby into the ideal position for birth (left occiput-anterior (LOA)—baby's back along your left side, baby's face looking towards your right hip).

Your daily at-home movement homework:



Sit smarter & move often

- Prioritize sitting with knees level with or lower than hips.
- Alternate between firmer and softer seating surfaces.
- Avoid reclining back on a couch or crossing legs for long periods of time.
- Stand up and move your body every 30-60 minutes.

Sleep on your left side

- Your baby's back is their heaviest part, so resting on your left side helps gravity move them into the left occiput anterior (LOA) position — ideal for labor.
- A pillow between the knees and feet can help promote pelvic balance and comfort.
- It's okay to switch sides throughout the night for comfort.



Daily walks

- Walking at a brisk pace is a great form of cardio in the third trimester (you should be able to carry on a conversation).

Hands & knees positions

- Gentle cat/cow stretches, hip circles and side-to-side hip sways (wagging your "tail") on hands and knees can help take pressure off the spine and encourage baby to move into a left occiput anterior position (facing back and to the right). Try for twice a day!

Note:

- As you exhale, round your spine toward the ceiling, tucking your chin and tailbone — this is Cat Pose.
- As you inhale, drop your belly toward the mat, lift your chest, and gaze slightly up — this is Cow Pose.





Kneeling lunge stretch

- In a half kneel position with the left knee down, gently tuck your tailbone to feel a stretch in the left hip flexors (front of the hip). For an extra stretch, reach the left arm overhead and over to the right. Hold onto something stable with the right hand i.e. wall or sturdy furniture.
- Hold each stretch for ~30 seconds. Repeat on the other side to decrease hip muscle tension.

Additional tips for success:

- **There's no perfect posture:** Move frequently and cycle through a variety of sitting positions throughout the day. Avoid any one position for prolonged periods of time.
- **Share the load:** With daily tasks like carrying a toddler or heavy tote, try to switch sides from left to right throughout the day to encourage muscle balance.
- **1-2 minutes** daily of diaphragmatic breathing can help relax and lengthen pelvic floor muscles.
 - Diaphragmatic breathing is performed by inhaling into and expanding your lower rib cage (think bra band), then letting your rib cage relax and return to a resting position when exhaling.
- **Hydration is key:** Stay hydrated by drinking 8-12 cups of water every day. This helps to promote production of adequate amniotic fluid so your baby has space to rotate to an optimal position.
- **You can learn more** about fetal positioning at [Spinning Babies](#) and [Miles Circuit](#)

If your care provider has identified that your baby is not head down (ie. breech) after 34 weeks, we will provide a personalized plan designed just for you and your baby! Your Oula providers are trained in identifying what position your baby is in and to support optimal positioning on labor and delivery.

The daily movements in this guide are your way to engage in proactive health promotion and preventative care that can have a real impact on your birth experience.

REMEMBER

Always consult your provider before engaging in a new exercise program, and listen to your body. If a movement is painful, confusing or causing you to feel unwell - stop and seek support.