

Start at the Elevator

Take elevator to level 1, turn right into main hospital hallway, then right again to find stair access and station 1.

L&D NURSE TIP: Step in place in elevator.



Station 1:

Alcove by the 1st Floor Stair Access Area

Side lunges on wall:

- Perform lunges on each side for 2 breaths, in & out.
- Repeat 3 times.

Directions to next station:

Leave stair access area, and head across the hall to the right of radiology.



L&D NURSE TIP: Wiggle and lean into the stretch.

Station 2:

Radiology/ED Hallway

Toe taps & walking:

- Walk up and down the hall. Stop by the window and do 10 alternating toe taps on each foot.
- Repeat 3 times.

Directions to next station:

Return back to main hospital hallway, then turn left. Walk towards the bathroom (will be on right side).



L&D NURSE TIP: Stop on a toe tap and open knee to the side to stretch the hip.

Station 3:

Restrooms & Hydration Station

Directions to next station:

Exit bathroom, turn right, walk toward the meditation room (will be on your left side).



L&D NURSE TIP: Even if you don't feel like you need to use the bathroom, give it a try anyway!

Station 4A: Alcove by the Meditation Room

The Labor Dance:

- Standing, swaying & leaning.
- Move for 5 minutes.

Directions to next station:

Turn left in main hospital hallways, take 8-10 steps left and find 2nd alcove (both activities of 4A and 4B can be done in alcove).



L&D NURSE TIP: Play a song on your phone and move with the music!

Station 4B:

Alcove by the Meditation Room

Hula & Big Hip Circles:

- In the alcove, do 5 hip circles in one direction.
- Do 5 hip circles in the other direction.
- Repeat 3 times.

Directions to next station:

Turn left from alcove towards the South Tower Lobby.



L&D NURSE TIP: Start with small circles and work into big circles to help loosen hips.

Intermission: Walk through South Tower lobby

Directions to next station:

Walk down hallway toward South Tower pharmacy.



Station 5: South Tower

Side Lunges:

- Stretch on each side for 2 breaths, in & out.
- Repeat 3 times.

Directions to next station:

Continue straight down hallway to next stop on right side just past pharmacy.



L&D NURSE TIP: Most of us have a tight side, lean into the stretch, allow extra breathing on that side.

Station 6:

South Tower-Wall

Abdominal Lift & Tuck:

- Lean against the wall, flatten your back on the wall. Scoop hands around belly during contractions and gently lift for the whole contraction. Slowly lower your belly after the contraction.
- Repeat 5-10 contractions.

Directions to next station:

Continue straight down the hallway to next stop on right.



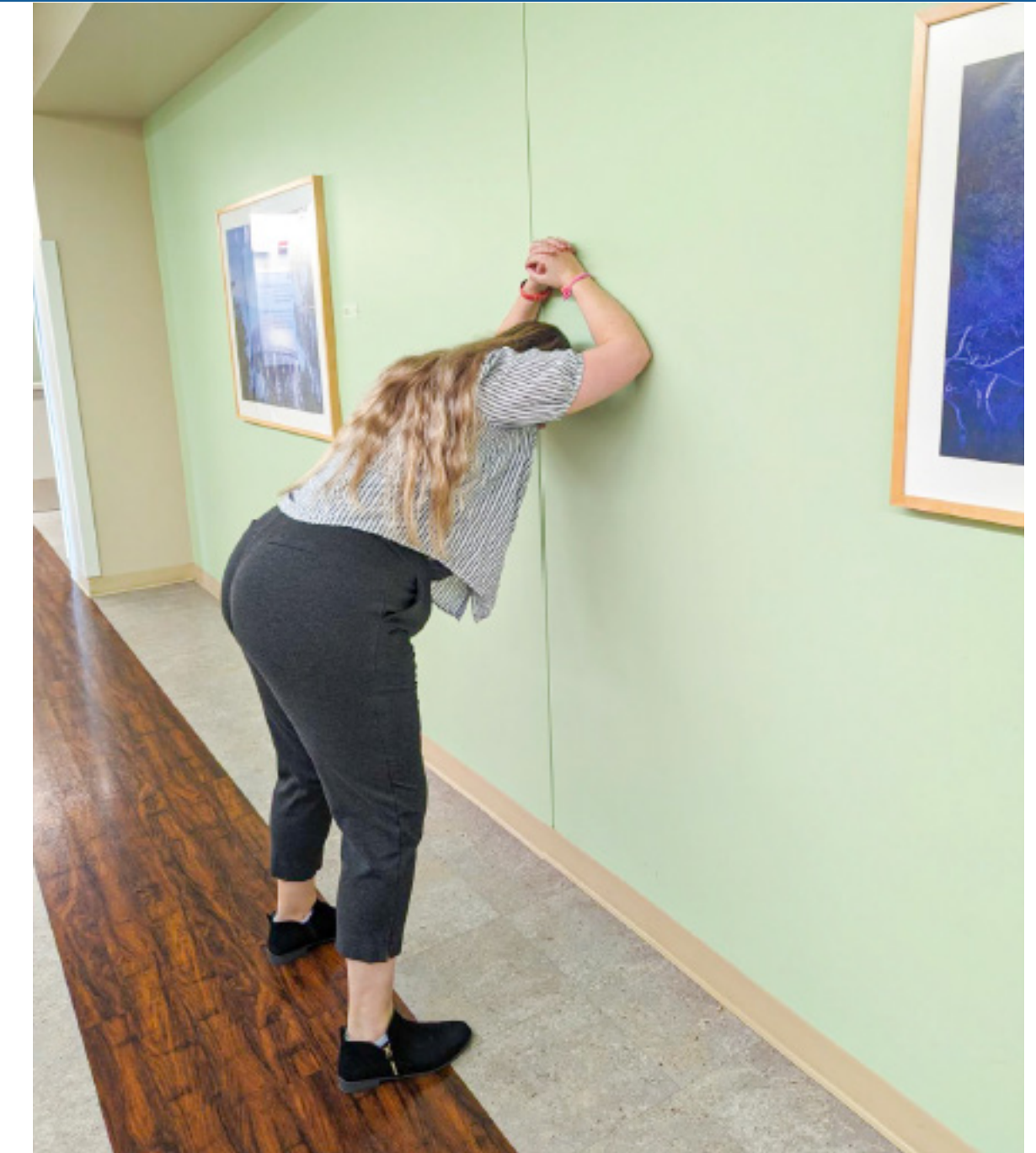
L&D NURSE TIP: Have support person lean on wall first and birthing person lean on them. Support person can gently lift belly while birthing person relaxes against them.

Station 7:

South Tower-Wall

Hip Sway:

- Lean on wall and sway your hips side to side for 3 deep breaths.
- Repeat 3 times.



Directions to next station:

Continue down hall and turn left towards outpatient surgery to the final station, and stop at the sunflower sitting area.

L&D NURSE TIP: Have your support person squeeze your hips during contractions.

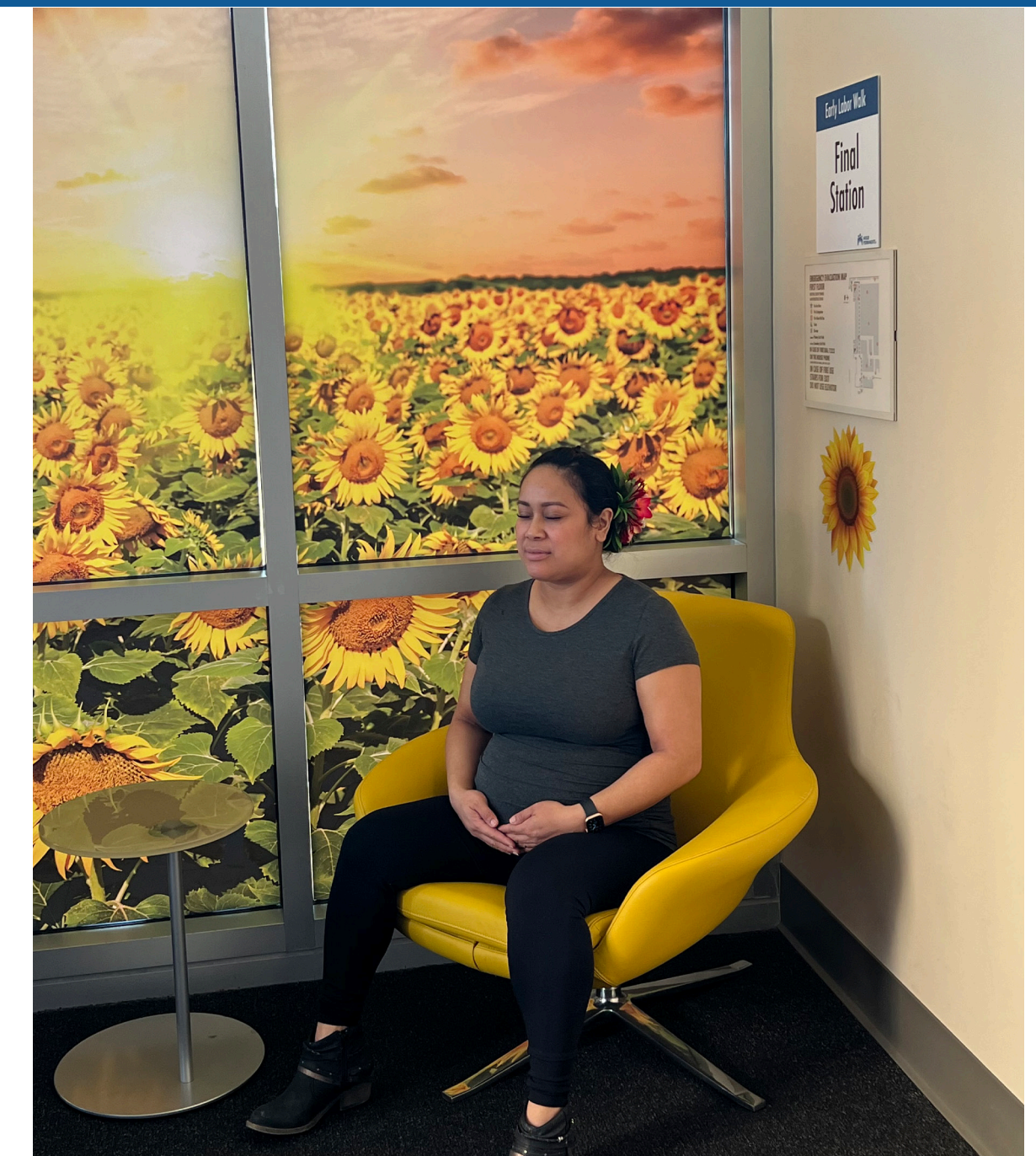
Final Station: South Tower

Belly Breathing:

- Sit comfortably, knees apart, place hands on belly
- Take deep breath in through your nose, and breathe slowly out through your mouth
- This type of breathing can be done in between or during contractions (find the rhythm that feels right for you)
- With each breath release your muscle tension starting at the crown of your head down to your feet (approximately 5-10 minutes)

Directions to next station:

Reverse Stations 8 to 1.



L&D NURSE TIP: If it's daytime and good weather, take a short walk outside.

Next Steps...



- If at any time you feel ready to leave you can go home. You have been discharged from L&D.
- If you are not ready to leave, you can repeat the labor walk in reverse!
- If contractions are stronger and/or closer, return to L&D.
- If you are having vaginal bleeding like a period, or if you think your bag of water is now leaking, return to L&D now.
- If concerned about fetal movement, return to L&D.

Please take our survey!



Thank you for participating in the Early Labor Walk exercise.

We would appreciate your feedback and interested in hearing your thoughts or suggestions.

[Take the survey here.](#)