

SHOULDER DYSTOCIA

Head delivered and rotated (face to mothers leg)
Next contraction the anterior shoulder fails to deliver (feels stuck)
CALL FOR HELP

***Discourage pushing**
*Lie flat and move buttocks to edge of bed

McROBERT's MANOEUVRE

(90% success)

Thighs to abdomen and hips abducted
Continue routine axial traction of baby

SUPRAPUBIC PRESSURE

Continue routine axial traction
Identify foetal back & stand to side of mother
Apply supra pubic pressure to posterior aspect of anterior shoulder at 45° towards foetal chest for 30 seconds
If constant pressure fails - try a 'rocking' movement

CONSIDER EPISIOTOMY

if it will make internal rotation manoeuvres easier
3-4cm incision in 7 o'clock position
No time for anaesthesia - use entonox if required

INTERNAL MANOEUVRES

2 fingers into vagina
behind posterior shoulder and rotate forward
or
behind anterior shoulder and rotate forward
+/-
simultaneously rotating posterior shoulder in opposite direction

DELIVERY OF POSTERIOR FOREARM

Locate foetal wrist and gently withdraw posterior arm from vagina in straight line
Continue routine axial traction of baby
If still stuck rotate baby 180°

ALL-FOURS POSITION

Act of turning patient may dislodge the shoulder
Apply gentle axial traction upwards (to release posterior/uppermost)