Rumping
Both buttocks/anus remain visible on the perineum between contractions

Birth of the head

< 7 mins

Steady progress & Reassuring fetal heartrate → YES → No interference Quiet, calm, warm support

NO / not known → Wiggle & push → if no/minimal progress EMCS

Wiggle & push → Perineal sweep / episiotomy

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Incomplete Rotation – Arm(s) stuck with head, mid-pelvis → Wiggle & push → Sweep down pubic arm

No rotation – Extended arm(s), pelvis & shoulders remain in A-P diameter → 180° rotations, release pubic arm

Fetal head extended – at pelvic inlet / not engaged → Elevate station & Rotate occiput

Fetal head deflexed or delayed – in mid-pelvis or outlet → Shoulder press / flex head (MSV) → Maternal buttock lift

Suprapubic pressure → Lithotomy / forceps

Physiological transition

DO NOT cut cord unless HR is <60 bpm and not improving

Evaluate & initiate resuscitative measures at the bedside, cord intact

by Shawn Walker RM PhD
Adapted Sept 2021 from original, published in Reitter A, Halliday A, Walker S (2020, Birth)