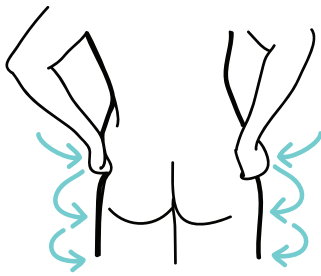


# Induction - Hastening Cervical Ripening

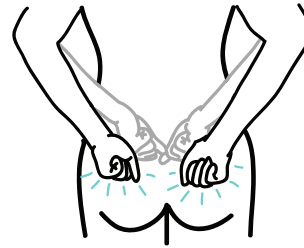
To be used in conjunction with other labour sheets in this series

## 1 Qi Wake-Up



Bash Bash  
with closed  
knuckles  
Up and down  
the outside  
of thighs

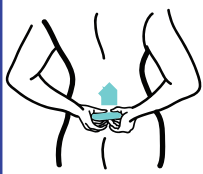
## 2 Sacral Pummel



With closed fists  
- wake up the  
sacral flows and  
bum area

## 3 a - Roling/Adhesion Release

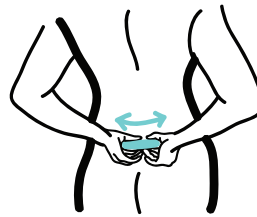
### Roll slowly upwards



Lean back to gain more leverage.  
Skin may be hard to loosen.

**Start wherever you like.**

## b - Roling/Adhesion Release

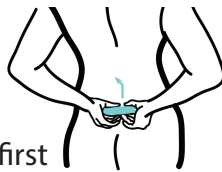


**Aim** - undo adhesions  
disrupting flows.

Anything blocking flows  
causes pain.

**Side to side yanks.**

## c - Adhesion Release yank upwards.



All 3 moves will be easier if you  
have done the **sacral moxa fan** first

**Repeat all moves several times.**

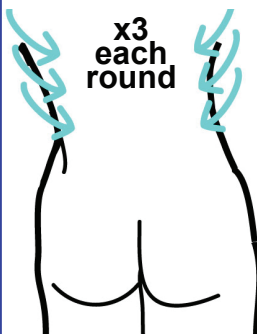
## 4 Opening the Baby Gate

From 36 weeks we want to loosen the pelvic girdle, the 'Baby Gate'.  
Massage & other touch therapies are to be gradually deeper, preferably performed nightly insuring she has a pink warm bottom to finish.

The use of moxa before the sacral work, with Mum sitting straddling a chair leaning forward will give better results especially if you wish for a change in baby position or an end to back pain.

## 5 Flank Gouge

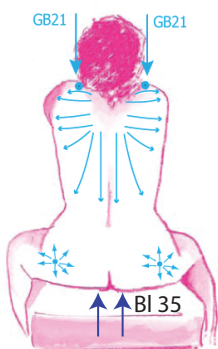
Beginning very gently, either with her sitting or lying with pillows under chest & shoulders to lessen pressure on heavy breasts.



Avoiding breast tissue, glide fingers from front of ribs back keeping finger pads in the spaces.

Repeat many times, always slowly, slightly deeper each round.

## 6 Play Time



## 7 BI 35 Cervix opening point

As the next to last movement after the pelvis & buttocks are pink & loose get her to sit forward with buttocks overhanging the chair seat. Plant your elbows in your belly and with short-nailed thumbs, or middle finger (whichever is easier/stronger).

Find the point at the crest of the curves about 1.5cm from the bum groove & press increasingly deeply 45 degrees inwards. Ask if she can feel this in her vagina. If so, continue with deep pressure 30 sec, getting her to relax & breathe out. If not, come off gradually & change angle and repeat. Finish with gentle massage & flicking off the back.

