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Different Fetal Positions during Pregnancy



What are the positions taken by fetus inside the uterus?

Fetal position inside the uterus refers to the relation between the backbone for your baby and your backbone, and it includes:

1- **Longitudinal position**: in which the backbone for fetus is parallel to your backbone.



2- **Transverse position**: in which the backbone for fetus at right angle to your backbone.



3- **Oblique position**: in which the inclination angle for fetus backbone more than 0 and less than 90 degree to yours.



What is the normal position for the fetus?

The **normal position** for fetal delivery is the position of descending at the back of the head, otherwise it is considered an abnormal position.



What is the unstable position for the fetus?

You will know if your fetus position in the uterus is **changing** during the pregnancy, especially at the last three months of your pregnancy.



What are the positions of descending with head?

One of longitudinal positions is when your fetus descending with the head and it is the most popular position. It is reassessed based on the part of the head that meets your pelvis first. There is:

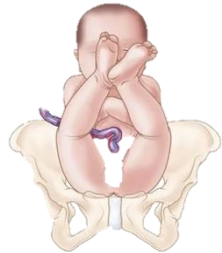
- 1- The breech position, i.e., the fetus descending at the back of the head.
- 2- Face-down position.



What are the positions of descending with bottom?

Also, when your fetus descending with bottom is one of longitudinal positions, but the bottom is the first part that meets your pelvic.

1- **Frank position:** is when the knees are extension (straightening).



2- **Complete position:** is when the knees are folded.



3- **Incomplete position:** is when the fetus is descending with knee or feet.



What are the reasons for abnormal positions and bottom descending positions?

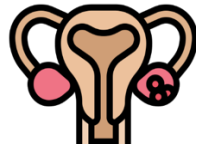
Your baby could take abnormal positions without any clear reason, but it may be one of these reasons:

❖ **Reasons related to the placenta:** Such as having a **Placenta Previa**



❖ **Reasons related to the mother,** such as:

- Uterus abnormalities (ex, Bicornuate uterus)



- Cancers in uterus



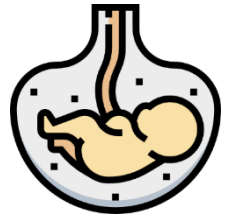
- Sagging abdominal muscles and sagging uterine wall due to repeated pregnancy and birth.



What are the reasons for abnormal positions and bottom descending positions?

❖ Reasons related to the fetus:

- Increase or decrease in the amount of amniotic fluid surrounding the fetus.



- Some birth defects that hinder the stability of normal position of the fetus in during pregnancy or birth, such as **hydrocephalus**.



How can I know the right and proper treatment for the bottom descending position?

Wrong treatment:

Previously, doctors tried to modify the fetus position inside the uterus from the bottom descending position to the head descending position, but it had serious consequences, such as placental abruption, uterine rupture bleeding and birth.



How can I know the right and proper treatment for the bottom descending position?

Right treatment:

Recent medical studies have proven that cesarean delivery for the bottom descending position is more secure than a vaginal delivery and has less effect on both the mother and fetus, especially if the baby is between 28 - 36 weeks.



Note!

In case the baby descends through the forehead, it is preferable to have a caesarean section from the beginning.



How is the position of the fetus assessed during pregnancy?

The position of the fetus during pregnancy is assessed through a clinical examination of the abdomen, a vaginal examination, or an ultrasound examination.



Sources and References:

All pictures used from Flaticon.com

Review and audit:

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