

## Science and Sensibility- Peanut Ball in Labour- A valuable tool for promoting progress

The Peanut Ball is an innovative, Non-Pharmacologic Labour support tool useful during first and second stage of labor. Preliminary findings demonstrate reduction of labor length. Additionally it is especially valuable for use after inductions and to progress the labor

Benefits – Pelvic relaxation, Widen Pelvic Outlet



Benefits- Descent and Fetal Rotation

70cm – is recommended for sitting on only, and not to be used in the side-lying position

60cm – for tall or plus sized women

50cm – for average sized women

40cm – for petite women or those with shorter legs

Side lying Position

Tucked side lying

Forward leaning

Semi-sitting lunge

Sitting Position

Hands-and-knees fire hydrant position



References: Grant, C. B., & Clutter, L. B. (2014). The peanut ball: A remarkable labor support tool. *International Doula*, 22(4),