



Pain relief strategies for Labor and Delivery

- Talk to your women's health physical therapist about using a TENS machine, especially during the first stage of labor. It may help you stay mobile and keep the sensations of early labor at a comfortable level.
- Anxiety and fear can heighten the sensation of pain – remember your breathing exercises and that labor pains are part of a normal process.
- Ahead of time find out all you can about your birthing environment and what you can use there for pain relief – hot/cold packs, showers/baths, a birthing ball for pelvic rocking, rails or chairs to support your positions: moving during labor and changing positions can help you deal with intense contractions.
- Get plenty of practice ahead of time with mindful breathing – following the sensation of the inhale and the exhale, releasing the breath and tension together in a sigh.

