Flip FLOP

Easy to remember, Easy to do.

Flip the mom over

Over to Gaskin's The movement is the point here.

Running Start

Lift the leg(s)
On H & Ks, lift Rt. leg, or, if known, the leg on side of baby's back.

Rotate the shoulder into the Oblique
Posterior arm is easier to move.

Bring out the Posterior arm
Bend elbow first. If needed, rotate baby and repeat.

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