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**Midwife-led birth preparation and bodywork program to optimise foetal position and birth outcomes. A randomized control trial**

Many women birthing in Australia face high intervention rates and complexities in pregnancy, birth and the postnatal period. In 2021, 59% of all birthing women had an induction of labour, 38% had a caesarean section and 12.1% had an assisted birth. International research reveals an association with pelvic floor muscles, ligaments and facia, in the antenatal period, to women’s birthing outcomes and satisfaction. Due to the current gap in Australian research, the program will initially be held as a randomized control-trial which will include an intervention group and a control group. The trial will take place in a public health setting and be added, as an addition, to the current antenatal education program, delivered by trained midwives. This will include face-to-face education on the pelvic floor muscles, ligaments, and pelvic bones, helping women create mind-muscle connections, providing relaxation exercises and massage techniques, and external and internal bodywork sessions. The trial will be offered to all birthing women who consent and will aim to have a large cohort to enable statistical analysis of outcomes.

The trial will conclude if antenatal pelvic floor muscle education, exercises, stretches and bodywork has a correlation to optimal foetal positioning, pregnancy/birth comfort levels, birth duration and outcomes and post-partum recovery and will also analyse what impacts that has on women’s satisfaction and costs to the hospital. The trial aims to be successful in its findings, as seen in small internationally trials and have the program implemented into Australian midwifery antenatal care, giving women a holistic care experience.

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