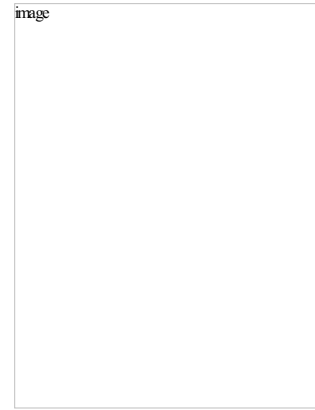


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YOGA IN THE THIRD TRIMESTER MAY
REDUCE LABOR PAIN, DURATION OF LABOR,
AND RISK OF CESAREAN SECTION

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Section Header: Evidence-based Integrative Medicine Updates

Yoga in the Third Trimester May Reduce Labor Pain, Duration of Labor, and Risk of Cesarean Section

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Yoga in the third trimester may reduce labor pain, duration of labor, and risk of cesarean section

Level 2 [mid-level] evidence

Complement Ther Clin Pract. 2017;27:1-4

“Take your bottom lip and pull it over your head” is a description of labor pain attributed to the comedienne Carol Burnett.¹ While not scientific, this graphic description makes plain the fact that the discomfort associated with labor is significant. Pharmacologic management of labor pain with interventions such as epidural analgesia are effective but are also associated with side effects, complications, and prolonged second stage of labor.²⁻⁴ As such, some women are hesitant to utilize such interventions. Additionally, many women choose to deliver their children at home or other locations where pharmacologic interventions are limited or non-existent. Thus, non-pharmacologic options for the management of labor pain are desirable. Yoga, a mind-body exercise combining meditation, stretching, and body postures, is one such intervention that has some evidence of efficacy in decreasing pain associated with labor.^{5,6}

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