Version date: 2025-04-15

Effective date: 2025-04-30 (07:00)

ACP ONLY

## INDICATION

• Known or suspected shoulder dystocia unrelieved by the McRoberts maneuver

#### WARNINGS

• Not applicable

# EQUIPMENT

• Obstetrical Kit

• Personal protective equipment (PPE) with sterile gloves

#### PROCEDURE

1. Perform hand hygiene and don PPE.

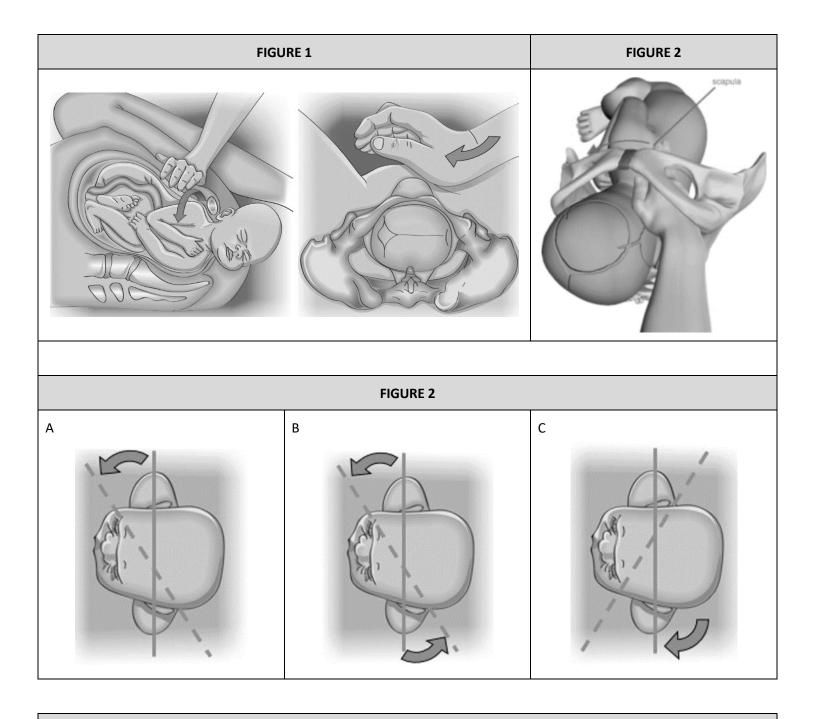
- 2. Instruct the patient not to push and ensure they are in the McRoberts position.
- 3. NOTE: While one provider will be attempting internal fetal rotation, one of the provider's maintaining the McRoberts maneuver should apply suprapubic (NOT FUNDAL) pressure in the same direction that the fetus will be rotating (figure 1.
- 4. Insert your gloved hand into the vagina and place it over the scapula of the fetus's anterior shoulder (figure 2). Rotate the fetal torso by pushing on the scapula in the direction that the fetus is facing (figure 3a).

Concurrent pressure in the opposite direction to the front surface of the posterior shoulder may help to release the anterior shoulder (figure 3b).

Alternatively, pushing on the scapula of the posterior fetal shoulder and trying to rotate in the opposite direction may be successful (figure 3c).

- 5. After release of the shoulder, normal delivery should occur.
- 6. Remove PPE & discard.

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### LINKS

- D05- Shoulder Dystocia
- P03.3 McRoberts Maneuver for Shoulder Dystocia
- P03.5 Delivery of Posterior Arm for Shoulder Dystocia

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# VERSION CHANGES (refer to X09 for change tracking)

• New