Shared health Soins communs Manitoba	P03.5 – DELIVERY OF THE POSTERIOR ARM FOR SHOULDER DYSTOCIA	
	Version date: 2025-04-10	Effective date: 2025-04-30
ACP ONLY		

INDICATIONS
• Shoulder dystocia unrelieved by a rotation maneuver

WARNINGS
• None

EQUIPMENT
• Personal protective equipment (PPE) with sterile gloves • Obstetrical kit

PROCEDURE
1. Perform hand hygiene and done the appropriate PPE. 2. Position one hand behind the baby's upper shoulder, applying pressure to rotate anterior shoulder away from symphysis pubis. 3. Place two fingers behind the lower shoulder and then slide them along baby's arm to locate baby's forearm. 4. Grab the wrist with thumb and index finger ("OK" sign) flexing the baby's elbow. Hooking the little finger around the fetal elbow may facilitate the maneuver. 5. Sweep the arm across the baby's chest. 6. Pull the arm gently but firmly outwards towards you. 7. When shoulders are delivered, continue with normal delivery. 8. Remove PPE and discard. 9. Perform hand hygiene

FIGURE 1

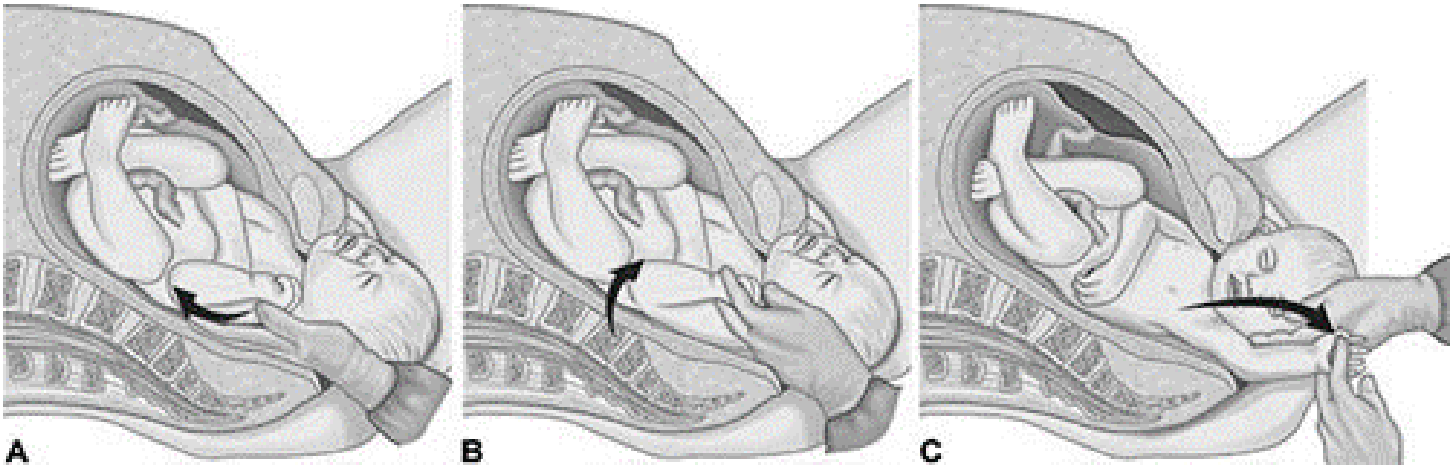
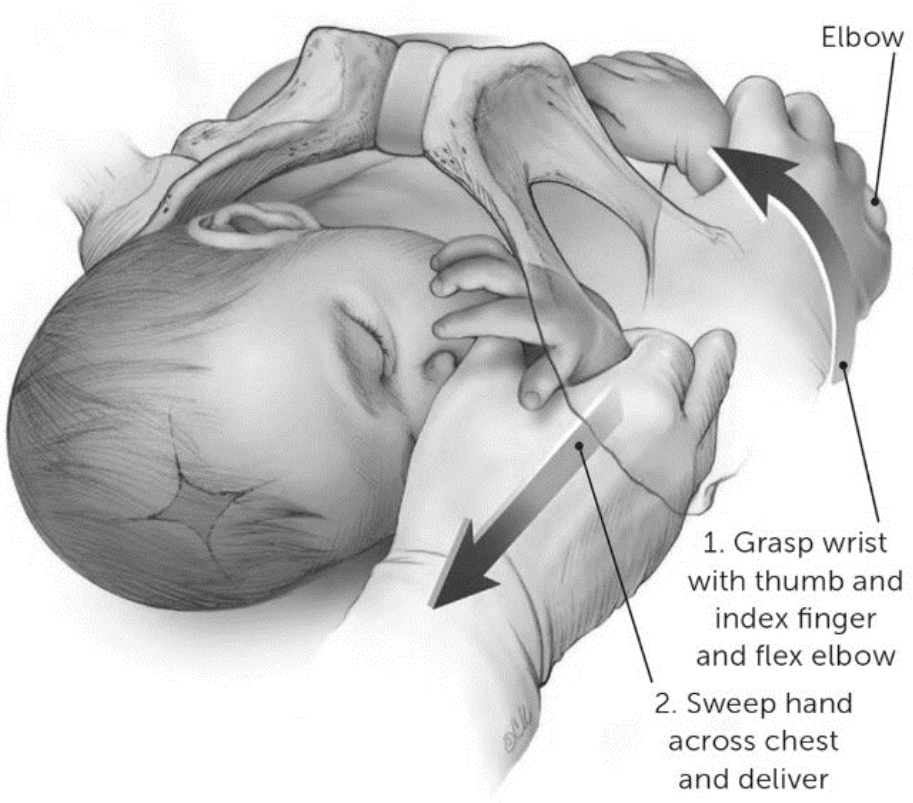


FIGURE 2



LINKS
• D05 - Shoulder Dystocia • P03.3 - McRoberts Maneuver for Shoulder Dystocia • P03.4 - Rotational Maneuver for Shoulder Dystocia

APPROVED BY	
EMS Medical Director	EMS Associate Medical Director

VERSION CHANGES (refer to X09 for change tracking)
• New