

# Vaginal Head Positions



## Vaginal Delivery – Head Positions

**Head-down position is the best position for vaginal birth.** Ideally, when labor starts the fetus will be in the left occiput transverse position (LOT) or left occiput anterior position (LOA), meaning the head is down in the pelvis and the fetus' back is on the left to left-forward side of patient's abdomen. Some infants will be born with their back on the right side of the mother's abdomen, as this can also put the infant's head in a good position to navigate through the pelvis and birth canal, but most infants will rotate themselves around to the left-lying position either before or during the birth process.



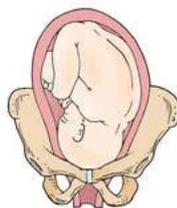
Right occiput anterior (ROA)



Right occiput transverse (ROT)



Right occiput posterior (ROP)



Left occiput anterior (LOA)



Left occiput transverse (LOT)



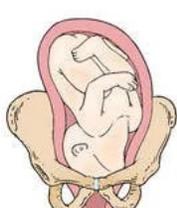
Left occiput posterior (LOP)



Right mentum anterior (RMA)



Right mentum posterior (RMP)



Left mentum anterior (LMA)



Left sacrum anterior (LSA)



Left sacrum posterior (LSP)

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