

Appendix 5 – The peanut ball

Where it is not possible to adopt a kneeling position or ambulate off the bed, the woman can be supported to adopt a range of positions for labour and birth using the peanut ball. Care should be taken to avoid overstretching of ligaments, if her movement of lower limbs is limited due to a heavy epidural block; caution should be exercised. A range of positions are pictured below, there are a variety of alternatives (not pictured) however the woman should be encouraged to adopt a position that she is comfortable in, changing frequently (2 hourly as a minimum) to avoid pressure ulcers from developing.

