

## **Mechanism of:**

### **Vertex Presentation with occiput anterior**

**Flexion-** descent takes place with increasing flexion

**Internal rotation-** (head) the occiput reaches the pelvic floor and rotates 1/8 of a circle to become anterior

**Crowning-** the occiput escapes under the symphysis pubis and the bi parietal diameter is crowned

**Extension-** the sinciput, face and chin sweep the perineum and the head is born by a movement of extension

**Restitution-** the occiput turns 1/8 of a circle back to where it was before internal rotation and the head aligns with the shoulders

**Internal rotation-**(shoulders) the anterior shoulder reaches the pelvic floor and rotates 1/8 of a circle forwards and is accompanied by **External rotation** of the head

**Lateral flexion-** the baby is then born by lateral flexion