

Shoulder Dystocia

HELPER⁴

H

Call for **H**elp early!

E

Evaluate and **E**xplain the clinical situation

L

Legs – McRoberts maneuver

P

Suprapubic **P**ressure

E

Enter the birth canal posteriorly and assess the need for an **E**pisiotomy

R⁴

Remove the posterior arm

Rotational maneuvers

Roll the patient to hands and knees

Repeat