

**Video: Posterior arm release—  
Shoulder Dystocia: Managing an Obstetric Emergency.mpg**

**Speaker 1:** [00:00:00] The posterior arm maneuver may require some lubricants and an episiotomy, which we have already performed. Make your hand into a duckbill, slip it posteriorly. You notice I'm at the bottom of the baby. I'm shaking hands with the baby's chest. I gently, while I'm talking to the patient, take my hand all the way up to the baby's hip, grabbing the wrist like an OK sign, flexing the elbow, and gently pulling the arm out. You can see the arm delivered, and the baby should deliver.