Shoulder Dystocia Algorithm

- Instruct patient to bear down;
- Apply appropriate guidance to fetal vertex

- Recognize shoulder dystocia

- Instruct patient to stop bearing down;
- Stop delivery attempt

- Communicate with staff and patient

- Call for help and begin timekeeping

- Initiate McRobert’s maneuver;
- Instruct patient to bear down;
- Apply gentle guidance to fetal vertex;
- Perform episiotomy (if needed)

- Apply suprapubic pressure (can combine with Rubin’s and McRobert’s maneuvers)

- Attempt delivery of posterior arm*

- Perform Wood’s screw or Rubin’s maneuver*

- Perform Gaskin’s maneuver*

- Repeat above steps as needed

- Perform Zavanelli maneuver and c-section

*Order of performing secondary maneuvers may vary