

## Round Ligament

Origin and insertion:

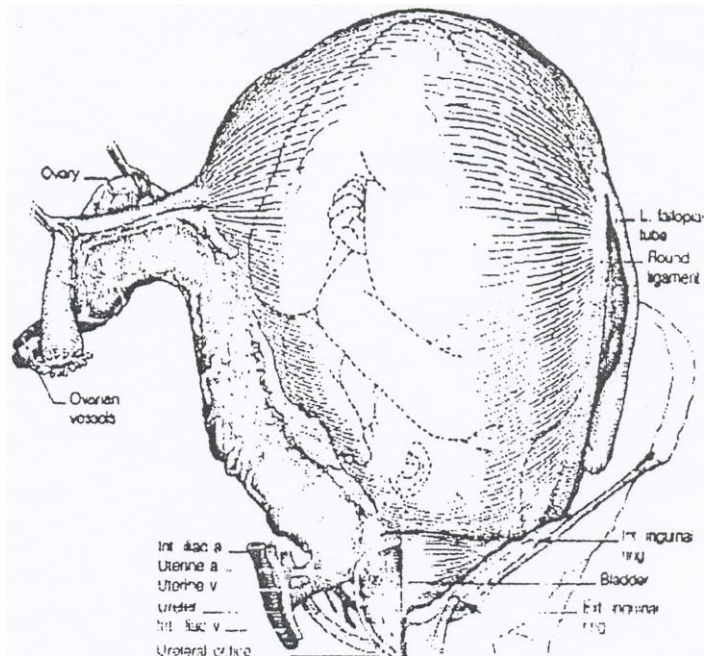
The round ligament originates from the uterus and inserts into the pubic ramis..

Bilateral Pulling:

May be baby is having a growth spurt

Unilateral pulling:

May be sacral imbalance



*The round ligament is not a true ligament It has muscle fibers wh'ch gives it the ability to contract.*

The round ligament may be worked on throughout pregnancy. The side of contracture is opposite the side of the posterior sacrum. Use the Webster analysis to determine sacral deviation.

The mother can "rub out" the ligament from the pubis towards the umbilicus and alleviate discomfort.

### Determining Constraint:

Objective Findings: On side opposite posterior sacrum, the round ligament will feel tightened. The mother may or may not feel corresponding pain.

Subjective Findings: When the mother feels "anxious" baby movements (jabbing, jerking) there is constraint. This type of movement is caused by the fetus' reflexes of its hands and feet pushing off the uterine wall)

When the movement is smooth and regular, constraint is not usually present.