

BIOMECHANICS OF CHILDBIRTH QUIZZ

Question 1: In the “5 Ps” for a successful normal birth, what refers to “power”?

Answers:

- a) The positioning of the parturient during labor.
- b) The forces generated by the mother's uterine contractions and pushing effort.
- c) The interaction between the fetus and the mother's pelvis.
- d) The emotional and neuroendocrine response of the parturient woman.

Correct answer: b) The forces generated by the uterine contractions and the mother's pushing effort.

Question 2: Which hormone is responsible for increasing the flexibility of the pelvic joints during pregnancy?

Answer:

- a) Estrogen.
- b) Progesterone.
- c) Relaxin.
- d) Oxytocin.

Correct answer: c) Relaxin.

Question 3: What are the biomechanical changes in the pelvic joints and spine during pregnancy?

Answers:

- a) Increase in the sacral promontory, increase in the lumbosacral angle, posterior rotatory movement of the iliacus and upward rotation of the pubic symphysis.
- b) Increase in the sacral promontory, increase in the lumbosacral angle, anterior rotatory movement of the iliacus and downward and forward rotation of the pubic symphysis.
- c) Decrease in the sacral promontory, decrease in the lumbosacral angle, rotatory movement of the iliacus and posterior rotation of the pubic symphysis.

- d) No changes occur in the pelvic joints and spine during pregnancy.

Correct answer: b) Increase in the sacral promontory, increase in the lumbosacral angle, anterior rotatory movement of the iliacus and downward and forward rotation of the pubic symphysis.

Question 4: At the beginning of labor, which movement of the pelvis is responsible for increasing the pelvic inlet, making it easier for the fetus to fit?

Answer:

- a) Nutation of the sacrum.

- b) Contraction of the sacrum.

- c) Internal rotation of the iliacus.

- d) Circumduction of the pelvis.

Correct answer: b) Contranutation of the sacrum.

Question 5: In the final phase of the expulsive period, how does anterior superior iliac adduction contribute to facilitating labor?

Answers:

- a) The anterior superior iliac rotates outwards and the ischium inwards, decreasing the pubic arch.

- b) The anterior superior iliac rotates inwards and backwards, while the ischium rotates outwards and forwards, widening the pubic arch.

- c) The sacroiliac joints move completely apart, limiting the mobility of the birth canal.

- d) The movement of iliac adduction has no impact on the expulsive phase of labor.

Correct answer: b) The anterior superior iliac rotates inwards and backwards, while the ischium rotates outwards and forwards, widening the pubic arch.