

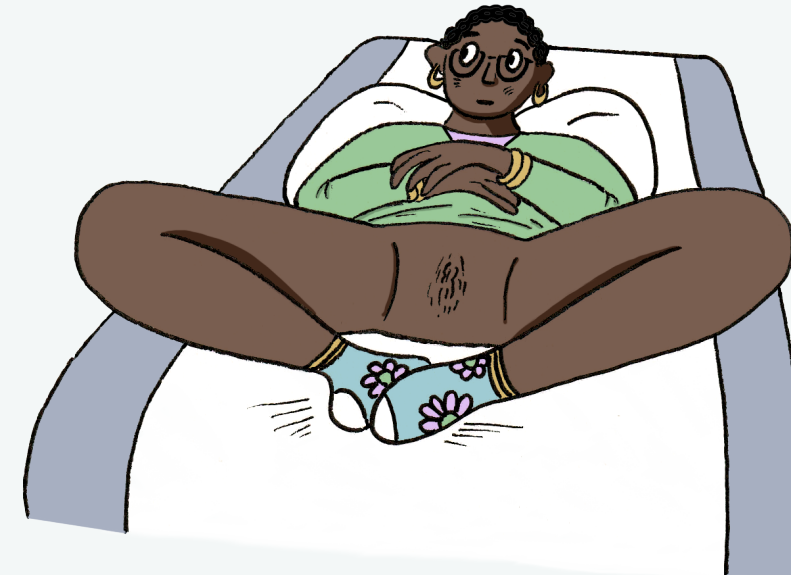
The Pelvic Exam: Multiple Positions for Patient-Centered Care

Kneeling Forward Fold (Child's Position)



Resting on forearms and knees, sit back to push hips towards heels. Using a cushion between thighs may be helpful. Can also be done lying on back, holding legs in place, or with a support person's help.

Diamond Position



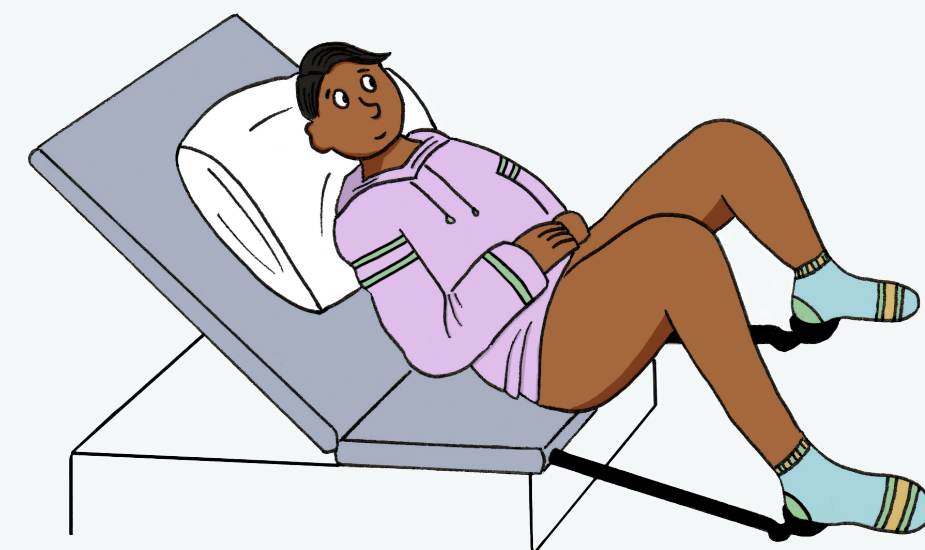
Lie back and allow bent knees to fall apart while keeping the heels together on the foot of the exam table, forming a diamond shape with legs. May benefit from a cushion under hips and/or knees. May not be possible for those with unstable joints.

Knee Chest Position



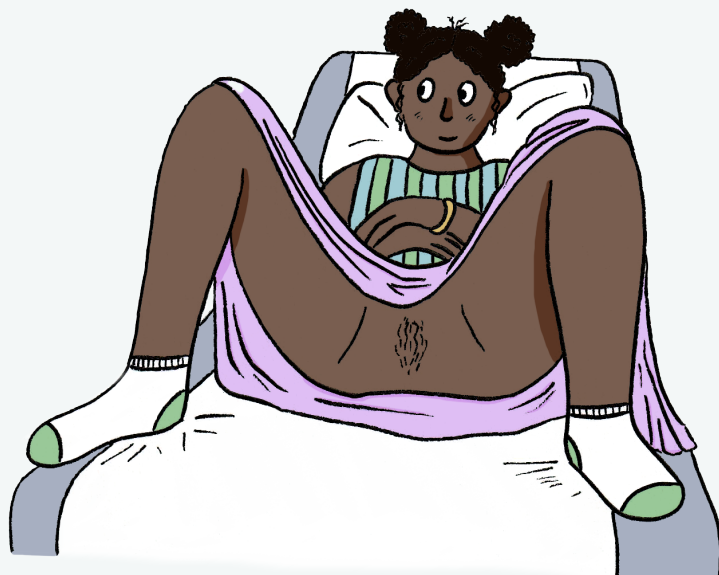
Lay on side, knees bent, with the top leg closer to the chest. A support person may hold the top leg in position. The bottom leg can be bent or straight.

Lithotomy



Lie on back with bottom at the edge of the exam table. Legs are raised on either side of the table with their knees bent. Feet are placed in footrests or legs are placed in legrests.

M Position



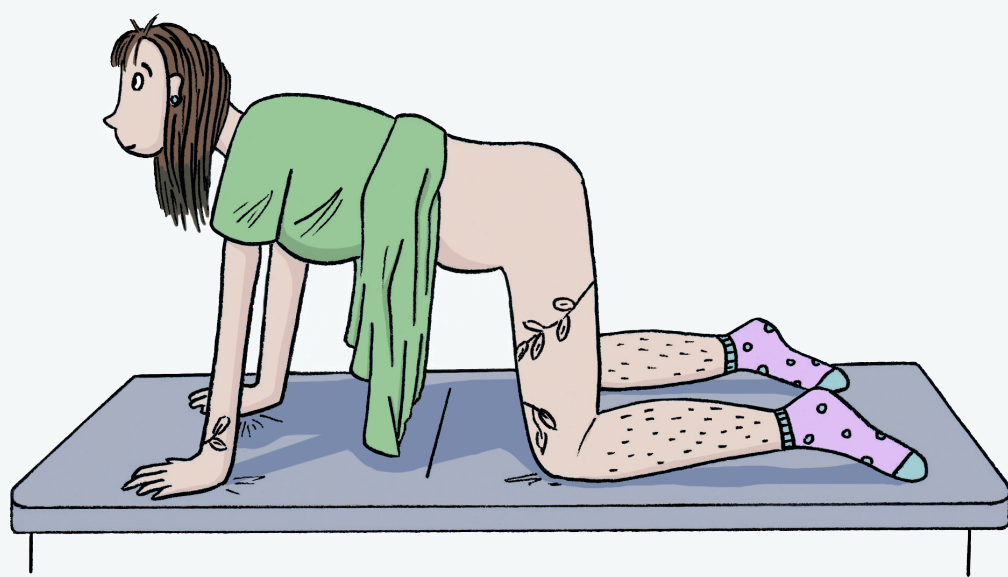
Lie on back with knees bent about 90° and feet flat on table. With heels close to buttocks, knees gently fall away from each other, creating an "M". Support person may hold one or both knees during exam. May use cushion under hips.

Standing Forward Fold



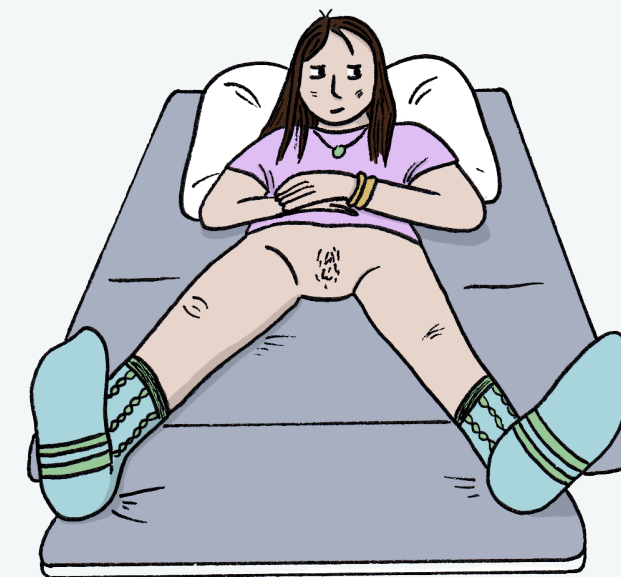
Stand facing the table and bends forward to rest upper body and elbows on the table. Could bend knees slightly for comfort. Feet should be positioned about hip-width apart. May benefit from resting upper body on a cushion.

Tabletop Position



Back is in a "tabletop" position by supporting on hands, or elbows, and knees with belly facing the table. Knees should be positioned on either side of the exam table. Elevating the head of the table may be helpful.

V Position



Lie on back with legs straight and separated toward either side of the exam table. May need a support person to hold each leg. This position can be used with or without footrests. Can also be used lying on belly.