

# Uterine contractions

**Uterine contractions** are contractions of the smooth muscle in the uterus that begin during pregnancy, peak at birth, and end after birth.

We divide them according to the period in which the uterus contracts:

## Before birth

- *Alvarez*: weak and irregular contractions during pregnancy,
- *Brixton-Hicks*: stronger isolated contractions during pregnancy,
- *Dolores praesagientes*: premonition contractions (= messengers).

## During childbirth

- *Dolores praeparantes*: contractions dilating the cervix,
- *Dolores ad partum*: contractions expelling the fetus,
- *Dolores ad secundinas*: contractions expelling the placenta.

## After giving birth

- *Dolores post partum*: contractions wrapping the uterus.

## Related Articles

- Internal examination (midwifery)
- External examination (midwifery)

## References

- HANÁKOVÁ, Anežka. Midwifery refresher course. First edition. Prague: Grada, 2021. 288 pp. ISBN 978-80-271-1242-5.