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Welcome to this MotherTouch™ ONLINE course!

**PRECAUTIONS & CONTRAINDICATIONS
for BODYWORK DURING PREGNANCY
4 NCBTMB CE's**

This is a stand-alone course
and also **Module III of the Fundamentals of Prenatal Massage Online Course.**

INSTRUCTOR/AUTHOR: Leslie Stager RN, LMT, NCBTMB Provider

INSTRUCTIONS FOR PARTICIPATION AND CREDIT

To receive the MotherTouch™ Certificate of Completion participants must complete the activities listed, utilize materials offered and receive a minimum score of 85% on the post-quiz.

Credit

This course provides 1.5 NCBTMB CE. For information about acceptance of NCBTMB continuing education credit in your state, please consult your professional licensing board. The number of CE's per course is based partly on NCBTMB reading time measurement of 250 words per minute and partly on actual read time by sample participants.

Follow these steps to earn NCBTMB credits:

To successfully earn NCBTMB credit and receive the certificate of completion, participants must read the directions for taking each course and complete the activities and steps noted below:

1. **Read** the **learning objectives** below.
2. **Study** all **written content** online or printed out.
3. **Watch** all videos and powerpoint videos.
4. Take the online **Quiz**. Choose the best answer to each multiple choice question.
5. Complete the **Evaluation Form** to provide feedback for future programming.
6. Upon successful completion of steps 1-5, you may **view or print** the certificate. You may not alter the certificate.

7. If you find any error on the certificate, contact MotherTouchClasses@gmail.com to request a correction.
8. **You are responsible** to keep track of your CE's. MotherTouch™ is not responsible for lost or unrecorded CE's once you have downloaded the certificate.

About the Quiz

To receive the MotherTouch™ Certificate of Completion participants must complete the activities listed, utilize materials offered, and answer the multiple choice questions. Because you may refer to the text, video or other materials in this course while taking the quiz, you must receive a passing score of 85% in order to successfully pass and receive your certificate.

Time Allowed

These courses are designed to be completed within 6 months of registering and making payment. You can take part of the course and return to it again later as your time allows. After 6 months, your course will expire and you will have to re-register and start over.

Module III: PRECAUTIONS & CONTRAINDICATIONS **for BODYWORK DURING PREGNANCY**

COURSE DESCRIPTION

Learn Bodywork Precautions and Contraindication details to make your pregnancy massage safer. Myths are dispelled, and straight-talk is offered about acupressure points, positioning options, massage during the first trimester and more. Even if you don't *specialize* in prenatal massage, you may still be the first to help your client recognize symptoms of preeclampsia, a serious pregnancy pathology that can develop quickly and can be deadly for mother and baby. Every practitioner should know 4 primary symptoms and questions to ask if encountering them. Sample intake and medical release forms included. Learn when to use them!

CONTENT OUTLINE

These readings and videos complement one another and give students enough background knowledge to enable you make informed adaptations in your bodywork practice so as to address the unique needs of your pregnant clients.

TOPICS COVERED

- ❖ Primary Bodywork Considerations with Pregnancy Massage
- ❖ Bodywork Practices that require specific precautions
- ❖ Health Intake & Medical Release
- ❖ Dispelling Myths: Massage On The Ankles
- ❖ Primary Risk Factors For DVT During Pregnancy
- ❖ Health Factors That Increase Pregnancy Risks
- ❖ Conditions Requiring Bodywork Precautions
- ❖ Miscarriage, Preterm Labor, DVT, Preeclampsia
- ❖ Dispelling Myths: Massage and Miscarriage
- ❖ High-Risk Clients and Bed Rest
- ❖ When to Refer a Client to her Primary Care Provider

- ❖ Sample Medical Release
- ❖ Sample Intake Form
- ❖ Details and Rationale of Positioning Options
- ❖ Diastasis Recti, Diastasis Pubis

CONTENT MATERIALS:

1. **PDF:** Precautions & Contraindications For Bodywork During Pregnancy
2. **PDF:** Postural & Musculo-Skeletal Adaptations During Pregnancy
3. **POWERPOINT:** Effects of Pregnancy Hormones
4. **VIDEO:** Trimester Adaptations:
5. **VIDEO:** Pregnancy Posture Awareness
6. **ONLINE QUIZ**
7. **COURSE EVALUATION**
8. **Certificate of Completion for 4 NCBTMB CE's**

PRECAUTIONS & CONTRAINDICATIONS for BODYWORK DURING PREGNANCY

LEARNING OBJECTIVES

At the end of this course, the student should be able to:

1. Create a health intake and medical release form that address specific bodywork concerns related to pregnant clients.
2. Describe common bodywork-technique precautions and determine in which situations they would apply.
3. Explain Leslie's descriptions of sedating and potentially stimulating type bodywork (Type I and Type II) and the precautions or contraindications associated with each.
4. List at least 3 high-risk obstetric conditions and their relevant bodywork precautions.
5. Describe common symptoms of DVT or PE.
6. Identify specific points most often contraindicated for use with acupressure during pregnancy.
7. Ask appropriate questions to help discern what is a concerning condition of pregnancy or what is more likely just musculoskeletal discomfort.
8. Explain the importance of a thorough health intake at an initial visit and update at each subsequent visit.
9. Describe three potential consequences of improper client positioning during pregnancy massage.
10. List 3 primary symptoms of preeclampsia that a bodyworker could plausibly encounter.
11. Practice doing a health intake with a pregnant client.
12. List 3 common pregnancy massage contraindications and explain why they are myths, not fact.
13. Describe the causes and symptoms of diastasis recti and diastasis pubis
14. Explain why there is greater risk for DVT during pregnancy
15. List 5 conditions that increase the risk for an individual developing a DVT
16. Discuss when the use of a medical release prior to massage is indicated and when to refer a client to her prenatal care provider based on symptoms that might indicate pregnancy-related problems.
17. List 4 primary bodyworker precautions for pregnant clients
18. Explain when and why supine positioning would be inappropriate
19. Describe common symptoms of miscarriage
20. Discuss bodyworker concerns associated with clients with surrogate pregnancy, twins, DVT, history of miscarriage.

PRECAUTIONS & CONTRAINDICATIONS for BODYWORK DURING PREGNANCY

The LESSONS: Start Course Here

LESSON I: Precautions & Contraindications For Bodywork During Pregnancy (17,560 words/64 pages/1.5 hrs)

PDF LINK: <https://drive.google.com/file/d/1oHQOnUXTtHZiyyf9jl7S0dQiwUwvW4e/view?usp=sharing>

This text is adapted from Leslie's book, Nurturing Massage for Pregnancy, Chapter 4. It covers specifically the concerns, precautions, contraindications for pregnancy massage in relation to high risk conditions of pregnancy.

LESSON II: Precautions & Contraindications for Bodywork During Pregnancy (60 min)

PowerPoint Presentation LINK: <https://vimeo.com/mothertouch/Precautions>

Password: PRECONTRA6

In this powerpoint video, Leslie reviews or updates some of the information from the text in Chapter 4 from her book, which is in Lesson I.

LESSON III: Causes Of Early Pregnancy Loss / Miscarriage / Spontaneous Abortion: (1741 words/ 6 pages/10 min)

PDF LINK: <https://drive.google.com/file/d/1BiiDuhapOA267W6XVXR8xfHaPeY9QV9g/view?usp=sharing>

Focus on miscarriage, its causes, and concerns related to massage.

LESSON IV: MotherTouch: Birth Story of Client with Preeclampsia (10 min)

VIDEO LINK: <https://vimeo.com/mothertouch/pre-eclampsia>

Password: None needed

In this video, a postpartum mother talks about her experience of Preeclampsia developing suddenly during labor.

LESSON V: Client Intake (10 min)

VIDEO LINK : <https://vimeo.com/mothertouch/ClientIntake>

PWD: IntakeMPM

In this video clip from Mastering Pregnancy Massage, Leslie talks with a pregnant client and discusses the kind of information useful during a pregnancy massage health intake.

Did you like this course? Want more online training in Prenatal Massage?

This is a standalone online course. It is also a Module in the **Fundamentals of Prenatal Massage Course**. If you liked this course, consider taking the full Online Fundamentals course. It is less expensive to register for the full course, than to take each individually. AND, you have an added benefit: If, within 1 year of taking the online course you register for the 4-day Prenatal Bodywork Training & Certification, contact Leslie learn up to date information about the possibility of a reduced or audit fee for taking the first day of the Live course! Because time goes on, at some point that may not be an option anymore, but get in touch if you are interested and find out!

These are the Online Modules included in Fundamentals Of Prenatal Massage:

- ❖ MESSAGE DURING PREGNANCY: A Unique Opportunity
- ❖ PHYSIOLOGICAL, POSTURAL, MUSCULO-SKELETAL CHANGES DURING PREGNANCY
- ❖ PRECAUTIONS & CONTRAINDICATIONS FOR BODYWORK DURING PREGNANCY
- ❖ POSITIONING & DRAPING FOR PREGNANCY MASSAGE
- ❖ PRENATAL MASSAGE TECHNIQUES
- ❖ ABDOMINAL MASSAGE DURING PREGNANCY



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