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Welcome to this MotherTouch™ ONLINE course!

**PHYSIOLOGICAL & MUSCULO-SKELETAL CHANGES DURING
PREGNANCY: IMPLICATIONS FOR BODYWORK**
2.5 NCBTMB CE's

This is a stand-alone course
and also **Module II 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 2.5 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 II: PHYSIOLOGICAL & MUSCULO-SKELETAL CHANGES DURING PREGNANCY: IMPLICATIONS FOR BODYWORK

COURSE DESCRIPTION

Massive physical and psycho-emotional changes occur through the 9 months of pregnancy and onward into motherhood. Learn about body changes in each trimester, the impacts of pregnancy hormones that affect your work, musculo-skeletal changes and discomforts through the perinatal cycle, and how these changes affect your options and approach to bodywork.

Learn the location and actions of uterine ligaments, how they may be strained and manifest as groin or hip pain or sciatica-like symptoms. Learn about a quick postural adjustment-awareness technique that Leslie shares with many clients. Read about diastasis recti--the separation of the rectus abdominus muscle during pregnancy—and the impacts of that. You'll find massage therapy tips throughout the texts, powerpoint presentations, and videos.

CONTENT OUTLINE

Reading & Video:

- Physical changes for mother and baby through the trimesters
- Hormonal affects and impacts to your bodywork
- Postural Support technique
- Uterine ligaments-- pain referral patterns and preventing strain
- Diastasis recti--separation of rectus abdominus muscle and its impacts.
- Discussion of muscular adaptations of the psoas and quadratus lumborum which often need focused attention during pregnancy.

CONTENT MATERIALS:

1. **PDF:** Physiological and Emotional Changes 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 2.5 NCBTMB CE's**

LEARNING OBJECTIVES

After taking this course, students will be able to:

1. Discuss impacts of pregnancy weight gain on posture and its influences on bodywork sessions.
2. List 7 factors contributing to postural change during pregnancy.
3. Practice one method of enhancing client postural awareness.
4. Name 4 uterine ligaments, location, and their pain referral pathways
5. Describe one way to prevent uterine ligament strain as clients get on or off massage table.
6. Define diastasis recti during pregnancy
7. List at least 3 factors contributing to diastasis recti development during pregnancy.
8. Describe one action a massage therapist can take to help clients minimize development of diastasis recti.
9. Explain a simple outline of embryonic and fetal development through pregnancy.
10. Describe bodywork contraindications and concerns during the 3 trimesters of pregnancy.
11. Name 4 primary influential hormones of pregnancy and their effects on a mother's body.
12. List 4 physical effects that can develop due to effects of estrogen, progesterone, or relaxin and potential impacts to bodywork.
13. List at least 2 common physical changes during 1st, 2nd, or 3rd trimester.
14. Describe optimal positioning during each trimester.
15. Explain when miscarriage is of greatest concern during pregnancy and why.

The LESSONS: Start Course Here

LESSON I: Physiological and Emotional Changes During Pregnancy (8000 words/18 pgs/40 min). Read this PDF, OR **Chapter 2** from Leslie's Book: [Nurturing Massage for Pregnancy](#).

LINK: <https://drive.google.com/file/d/1Cmeik7EaOdqsnEcnH99Yl-4yqSQsTdT/view?usp=sharing>

LESSON II: Postural and Muscular Adaptations Related to Pregnancy. (5819 words/17 pgs, 35 min):

PDF: NOTE: You may read Chapter 3 in the book [Nurturing Massage for Pregnancy](#) by Leslie Stager, instead of this PDF, however, take note of updated information by searching for

Orange text in this updated PDF.

PDF LINK:

https://drive.google.com/file/d/1jQsk2De8BpPsZpd4LHz_ZO2tjX7_kzGa/view?usp=sharing

LESSON III: Effects of Pregnancy Hormones (30 min)

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

Password: PREGHORMONE2

LESSON IV: Trimester Adaptations (16 min)

Video: from Leslie's DVD Mastering Pregnancy Massage (with updated information) and Conception to Birth video clip.

LINK: <https://vimeo.com/mothertouch/Trimesters>

Password: PREGTRIM1

LESSON V: Pregnancy Posture Awareness (4 min)

Video: Adapted from Leslie's DVD Mastering Pregnancy Massage

LINK: <https://vimeo.com/mothertouch/prenatalposture>

Password: PREGPOSTURE

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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