



Leslie Stager RN, LMT

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Welcome to this MotherTouch™ ONLINE course!

Positioning & Draping For Pregnancy Massage

1.5 NCBTMB CE's

This is a stand-alone course
and also **Module IV 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 measured as 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 IV OUTLINE: POSITIONING & DRAPING FOR PREGNANCY MASSAGE

COURSE DESCRIPTION

Positioning and Draping for sidelying positioning and pregnancy can be a challenge for many, and sometimes becomes so frustrating that therapists give up all together and stop working with pregnant clients. The height of the table, choosing the best type of cushions, the size sheets you have all make a difference between ease and annoyance.

This course looks at the pros and cons of sidelying, semi-reclining, supine, prone, and left-tilted positions. We explore positioning and draping based especially on the stage of a woman's pregnancy or her belly size, along with other considerations. We will then look at easiest draping options for sidelying position and discuss table set up so that draping and positioning are easier. Video content as well as text describe and demonstrate draping for the legs, back, and belly using larger sheets, breast drape, extra weighted towel or sheet, and other tips to make your drape more secure. .

CONTENT OUTLINE

Reading & Video:

- When to use each position
- Pros & Cons of Sidelying, Supine, Left Tilt, Semi-Reclining, Prone Positions
- Setting up the table
- Draping for:
 - The Leg
 - The Belly
 - The Back
- Positioning Myths

CONTENT MATERIALS:

1. **Text PDF:** Positioning & Draping for Pregnancy Massage
2. **POWERPOINT VIDEO:** Positioning Overview
3. **VIDEO:** Positioning Overview Video
4. **VIDEO:** Draping
5. **QUIZ**
6. **COURSE EVALUATION**
7. **CERTIFICATE OF COMPLETION** for **1.5** NCBTMB CE's

LEARNING OBJECTIVES

After completing this online course the student will be able to:

1. Practice positioning in sidelying and semi-reclining positions.
2. List 8 concerns about prone positioning
3. List 2 situations or conditions for when each positioning option might be optimal.
4. List steps for setting up the table in preparation for sidelying pregnancy massage.
5. Practice draping/undraping the legs, back, and belly in sidelying positioning.
6. Explain why a larger flat sheet may be necessary for sidelying position.
7. List 4 comfort issues that may arise with sidelying positioning.
8. Discuss positioning concerns and choices for each trimester.

MODULE IV OUTLINE: POSITIONING & DRAPING FOR PREGNANCY MESSAGE

The LESSONS: Start Course Here

LESSON I: Positioning & Draping for Pregnancy Massage

Read this content from Chapter 5 in Leslie's Book: Nurturing Massage for Pregnancy (pgs 83-93. 6867 Words/10 pages)

OR read this PDF version: *(it's more pages, but also has more pictures—nearly the same number of words as in the book!)* 6724 words/ 29 pages/30 min

PDF LINK: https://drive.google.com/file/d/1VnsjnVmMk_t0Lly-Dc4MnYOlr56bvDLI/view?usp=sharing

LESSON II: Positioning Overview Video (8 min)

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

Password: POSOVRW

This video looks at the reasons why positioning is such a critical element to safe and comfortable pregnancy massage, including affects on the uterine ligaments, diastasis recti, effects of weight gain, and more.

LESSON III: Draping Video (9 min):

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

Password: DRAPEME

Demonstrations of draping leg, belly, back.

LESSON IV: Positioning Myths

PDF:

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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