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Welcome to this MotherTouch™ ONLINE course!

Prenatal Massage Techniques

2 NCBTMB CE's

This is a stand-alone course

and also **Module V 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 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 V OUTLINE: PRENATAL MASSAGE TECHNIQUES

COURSE DESCRIPTION

Prenatal massage therapists can expect to encounter repetitive themes presented by their clients. For instance, most pregnant women experience tight quadratus lumborum, hip and sciatic discomforts, and calf pain that benefit from stretching and bodywork techniques that stretch and elongate an increasingly compressed body. This discusses and demonstrates some of the most essential bodywork approaches for serving the needs of your pregnant clients!

CONTENT OUTLINE

- General Office Considerations
- Review of basic office considerations and preparations for pregnant clients
- Review of Trimester Considerations and positioning for bodywork
- Demonstration review of positioning and draping in sidelying position
- Dispelling myths about massage during the first trimester
- Partner Technique for relieving low back stress
- Acupressure release for Back
- Massage Techniques for Sidelying positioning
- Massage options for Semi-reclining position
- Sciatica and SI Joint pain

CONTENT MATERIALS:

1. **PDF: Prenatal Massage Techniques**
2. **VIDEO: Prenatal Massage Techniques**
3. **QUIZ**
4. **COURSE EVALUATION**
5. **CERTIFICATE OF COMPLETION for 2 NCBTMB CE's**

LEARNING OBJECTIVES

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

1. List 8 office adjustments to accommodate pregnant clients
2. Discuss the appropriateness of massage during the first trimester
3. Practice two breath-relaxation techniques
4. Describe 3 causes of sciatic-like pain during pregnancy
5. Discuss benefits or detriments of different positions for each trimester
6. Share with client partners or friends the sacral-compression and unwinding techniques.
7. Describe and practice 20 different bodywork techniques useful for pregnant clients.
8. Describe a benefit of doing anterior-posterior touch simultaneously
9. Practice two ways of accessing the trapezius and levator scapula when client is in sidelying position.
10. Practice 2 ways of relieving sacral discomfort in sidelying positioning.

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:

- ❖ MASSAGE 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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