Webinar Intention
To offer massage therapists:
• Summary of precautions and effectiveness guidelines
• Summary by trimester of positioning recommendations
• Summary of the advantages of sidelying positioning
• Summary of signs of medical complications
• Client scenarios to practice applying the series’ main principles

Note: This webinar does not certify you to practice prenatal massage.

Preview Test Questions
1. Why might you want to consider waiting until the second trimester to work with pregnant women?
2. What position(s) prevent supine hypotensive syndrome and are safe throughout pregnancy?
3. What are some of the major signs of a complication related to the maintaining of a pregnancy to term, i.e. miscarriage or preterm labor?
4. What is a high risk pregnancy?
5. When is it important for even a highly trained prenatal therapist to consult with a woman’s doctor or midwife before prenatal massage therapy?
6. With the level of training you received in this webinar series, what categories of pregnant women is it recommended that include in your practice?

Abdominal Massage Summary
- Request client consent
- First trimester: consider eliminating as liability precaution
- Second and third: superficial only
- Superficial within all borders
- Special care at fundus and midline
Who and When Summary

- Women with normal, low-risk pregnancies, unless certified and highly trained
- "The bigger the belly, the better" concept
- Consider waiting until second trimester if uncomfortable about liability issues related to miscarriage risks in first

First Trimester Massage Therapy

Safe and beneficial when under the following conditions:

- Working superficially within the abdominal borders
- Avoiding all reflexive stimulation of points associated with uterine contractions
- Maintaining and increasing parasympathetic not sympathetic arousal
- Working within scope of practice
- Working within your knowledge and experience limits (with this webinar series only, limited to uncomplicated and low-risk pregnancies)

Swedish Massage Summary

- Direct work toward heart.
- Drain proximal first.
- Work superficially for edema relief; deeper for musculoskeletal pain
- Lighten pressure over vascular weaknesses, depending on severity
- Contraindicated on legs for those with higher clot risks unless medically supervised
**Summary of Leg Precautions**

- No bone-to-bone pressure to uterus and ovary zones; precaution with endocrine gland zones and on those with unhealthy lifestyles or poor health
- No bone-to-bone pressure to Spleen 6, Kidney 3, Bladder 60, 33-34, Liver 3, Large Intestine 4, Gall bladder 21

---

**Reflexive Therapies Summary**

- No bone-to-bone pressure to uterus and ovary zones; precaution with endocrine gland zones and on those with unhealthy lifestyles or poor health
- No bone-to-bone pressure to Spleen 6, Kidney 3, Bladder 60, 33-34, Liver 3, Large Intestine 4, Gall bladder 21

---

**Movement Summary**

- Rocking contraindicated with nausea
- Caution on hips and legs and with positioning when symphysis pubis dysfunction
- Avoid hyperextension of all joints
- Remain within normal ROM
### Positioning Summary

**First Trimester (1-13 wks)**
- All positions, depending on client comfort
- Adapt for breast tenderness and other comfort & safety concerns, especially if prone

**Second Trimester (14-26 wks)**
- Prone not recommended
- Supine—use pillow under right pelvis, usually up to week 22
- After 22 weeks, semireclining and sidelying; chair okay backwards

**Third Trimester (27-40 + wks)**
- Sidelying and semireclining only; chair okay backwards
- Adjust for safety and comfort issues of breathing, heartburn, pain

### Advantages of Sidelying Positioning

- Maximizes maternal cardiac function and fetal oxygenation
- Avoids increased intrauterine pressure and supine hypotension
- Improves access to pectoral and pelvic girdle for therapist
- Decreases edema
- Avoids sinus congestion, breast compression
- Psychologically comforts and soothes
- Facilitates sharing

### Summary Prenatal Complications Warning Signs

- Bleeding, vaginal discharge, gush or slow leakage of amniotic fluid, low back and/or pelvic pain, cramping, high blood pressure
- Excessive hunger and thirst, frequent urination, sugar in urine tests
- Severe nausea, weight loss, dehydration
- Low weight gain, decreased fetal movement
- High blood pressure, protein in urine test, rapid weight gain, systemic and pitting edema, violent headache, severe vomiting, visual disturbances, upper mid back pain especially on right, convulsions
- Any abnormal results of blood or other laboratory tests, fetal and maternal monitoring procedures
Major High-Risk Factors

- Mother’s age < 20 & >35
- Previous problem pregnancy or uterine anomalies
- Multiple pregnancies (twins, triplets, etc.)
- Diabetes mellitus, cardiac, liver, or renal/bladder disorders, chronic hypertension
- Asthma, other pulmonary disorders, DVTs, connective tissue & collagen diseases
- Rh-negative mother or maternal genetic problems, including diethylstilbestrol
- Drug or other hazardous materials exposure; risk of fetal genetic disorders; other sociodemographic & psychosocial factors

Client Scenario #1

A prospective client calls you for an appointment. She is 33 weeks into her first pregnancy and has been having back pain this past week, primarily in her lumbar and sacral areas. Her prenatal exercise teacher has referred her to you for this and to help with her very tight thigh muscles, especially her inner thigh muscles. She’s also beginning to notice her shoes are very tight and her ankles swell in the afternoon and evenings.

Questions Client #1

1. What additional information would you need from asking or observing her to make knowledgeable decisions about her care?

2. Which of her presenting complaints might be associated with a prenatal complication?

3. How will you assess for that possibility?

4. What technique precautions should you take when addressing her edema and medial thigh tension?
Questions Client #1

1. What additional information would you need from asking or observing her to make knowledgeable decisions about her care?

2. Which of her presenting complaints might be associated with a prenatal complication?

3. How will you assess for that possibility?

4. What technique precautions should you take when addressing her edema and medial thigh tension?
Client Scenario #2

An established, very athletic client of yours comes for her quarterly massage and happily announces that she is 14 weeks pregnant! She usually enjoys a very deep, cleansing Swedish and deep tissue massage, particularly addressing her tendency toward constipation and extreme lumbar lordosis. She has also recently increased her preparation for a 5K race next month that she still intends to run, as long as her fairly intense nausea eases up by then. Her midwife expects this will be a low-risk, uncomplicated pregnancy as her prior ones were.

Questions Client #2

1. What changes in your usual positioning and techniques to address her constipation and lumbar lordosis are advisable at this point in her pregnancy?
2. What might you teach her that could help her to stay more comfortable as her pregnancy progresses?
3. On what areas of her body will you likely need to work in order for her to be more comfortable now and as the pregnancy progresses?
1. What changes in your usual positioning and techniques to address her constipation and lumbar lordosis are advisable at this point in her pregnancy?

2. What might you teach her that could help her to stay more comfortable as her pregnancy progresses?

3. On what areas of her body will you likely need to work to be effective in helping her be more comfortable now and as the pregnancy progresses?
Your Questions About Client #2

Client Scenario #3

You are scheduled to work with a 30 year-old woman having her first pregnancy that is normal and healthy so far. A full-time accountant, she has a history of upper back and headache pain. She reports that this recently worsened when she assumed further responsibilities with longer hours at her computer. At 35 weeks, she is beginning to also experience heartburn, lumbar and right thigh pain. The thigh pain seems to vary from posterior pain to lateral numbness, and sometimes both.

Questions Client #3

1. What further information do you need to ask or observe in order to make knowledgeable decisions about working with her?
2. What prenatal complications might she be experiencing, and how will you assess to determine the likelihood of that?
3. What structures are likely to need your attention to address her musculoskeletal pain?
4. What positioning is likely to be most effective and comfortable for her to receive massage?
1. What further information do you need to ask or observe in order to make knowledgeable decisions about working with her?

2. What prenatal complications might she be experiencing, and how will you assess to determine the likelihood of that?

3. What structures are likely to need your attention to address her musculoskeletal pain?
Questions Client #3

4. What positioning is likely to be most effective and comfortable for her to receive massage?

Your Questions About Client #3

The Rewards of Working with Pregnant Women

- Offering nurturing that helps women to feel more comfortable, more relaxed and less pain
- Empowering women by helping them to become more aware of, connected to, and trusting of their bodies
- Contributing to the development of the mother's relationship with her baby, family, and the family of humanity
Certification in Pre- and Perinatal Massage Therapy

Become a maternity massage therapy specialist. Move far beyond general adaptations for maternity massage in this learner friendly, hands-on certification workshop. Practice and receive personalized feedback in:

- deep tissue
- passive movement
- neuromuscular
- reflexive
- positional release
- Plus other somatic methods modified for emotional, structural, and physiological challenges of the childbearing year.

"When my employer suggested that I take this course, even though I had been certified 7 years earlier, I was concerned that it'd be basic. Boy, was I wrong, it was updated to reflect new research and techniques that 2nd-time/Funny stuff. Thank you!"

J. Russell, XPM Inc.

For schedule & more info: www.bodytherapyassociates.com
Facebook: Carole Osborne’s Prenatal and Deep Tissue Massage Training

Further Information and Training

1. Benefits of Prenatal and Perinatal Massage Therapy
2. General Guidelines, Precautions, and Contraindications
3. Client Positioning, Draping, Body Mechanics, and Other Practical Considerations
4. Trimester Recommendations and Techniques
5. Massage Therapy as Labor Support
6. Postpartum Perspectives and Techniques
7. Clients with Special Needs
8. Business Considerations
9. Profiles of Maternity Massage Therapists

214 pgs; 90 minutes of technique videos

Free Educational Videos

Carole’s videos at www.bodytherapyassociates.com/videos.php
- Peripartum Pelvic Pain
- Advantages of Sidelying
- Tips for Sidelying Positioning
- Secure SL Draping
- SL Body Mechanics
- Massage of the Legs
- Rhythmic Deep Tissue

Oakworks Educational Videos at www.massagetables.com/videos/educational-series.asp

"When my employer suggested that I take this course, even though I had been certified 7 years earlier, I was concerned that it'd be basic. Boy, was I wrong, it was updated to reflect new research and techniques that 2nd-time/Funny stuff. Thank you!"

J. Russell, XPM Inc.

For schedule & more info: www.bodytherapyassociates.com
Facebook: Carole Osborne’s Prenatal and Deep Tissue Massage Training

Further Information and Training

1. Benefits of Prenatal and Perinatal Massage Therapy
2. General Guidelines, Precautions, and Contraindications
3. Client Positioning, Draping, Body Mechanics, and Other Practical Considerations
4. Trimester Recommendations and Techniques
5. Massage Therapy as Labor Support
6. Postpartum Perspectives and Techniques
7. Clients with Special Needs
8. Business Considerations
9. Profiles of Maternity Massage Therapists

214 pgs; 90 minutes of technique videos

Free Educational Videos

Carole’s videos at www.bodytherapyassociates.com/videos.php
- Peripartum Pelvic Pain
- Advantages of Sidelying
- Tips for Sidelying Positioning
- Secure SL Draping
- SL Body Mechanics
- Massage of the Legs
- Rhythmic Deep Tissue

Oakworks Educational Videos at www.massagetables.com/videos/educational-series.asp
Terms of Participation for Pregnancy Massage 101 Webinars

- I realize that the health and well-being of my clients and their offspring are influenced by my understanding and application of this material; therefore, I am committed to the conscientious study and thorough absorption of the information presented in this webinar.
- I understand that this webinar offers reliable, yet limited education in prenatal massage therapy; therefore, this is NOT a certification program.
- I recognize that, on the basis of this webinar, I am especially not prepared to work with those women whose pregnancies are complicated by medical conditions or a higher risk of complications developing; therefore, I will refer these individuals to others thoroughly educated and certified in this specialization.
- I agree to conduct my practice of prenatal massage therapy in accordance with the ethical and legal guidelines of the organizations to which I belong or by which I am licensed or registered.

Recommended Reading

- Angier. Woman: An Intimate Geography.
- Buckley S. Gentle Birth, Gentle Mothering: A Doctor's Guide to Natural Childbirth and Gentle Early Parenting Choices
- Calais-Germain B. The Female Pelvis
- Cassidy T. Birth: The Surprising History of How We are Born.
- Cohen M. Deliver This!
- Curties D. Breast Massage.
- Ezner S. Reflexology: A Tool for Midwives.
- Franklin E. Pelvic Power.
- Gibbs, Earls, Harvey, Ruggard, Darbohn's Obstetrics and Gynecology. Tenth Edition
- Goldsmith J. Childbirth Wisdom.
- Howard. Pelvic Pain.
- Jin Y. Obstetrics and Gynecology in Chinese Medicine
- Jones C. Visualizations for an Easier Childbirth.
- Kitzinger S. The Complete Book of Pregnancy and Childbirth
- Lett A. Reflex Zone Therapy for Health Professionals.
- Menelli S. Journey Into Motherhood: Inspirational Stories of Natural Birth
- Moberg K. The Oxytocin Factor
- Montagu A. Touching: The Human Significance of the Skin.
- Mothering Magazine. www.mothering.com/
- Noble E. Essential Exercises for the Childbearing Year
- Stager L. Nurturing Massage for Pregnancy.
- Streege, Matges, and Levy. Chronic Pelvis Pain: An Integrated Approach
- Wambeke T. Medical Conditions and Massage Therapy: A Decision Tree Approach.
- Wyke J. Essential Anatomy and Physiology in Maternity Care
- Yates S. Pregnancy and Childbirth.
Recommended Online Resources

- The Coalition for Improving Maternity Services: Evidence Basis for the Ten Steps of Mother-Friendly Care www.motherfriendly.org
- Survey on women’s birth experiences www.wombecology.com
- Midwives’ Alliance of North America www.mana.org
- Doula of North America (DONA) www.dona.org
- Information and referrals to physical therapy for women’s health issues, including pelvic floor and peripartum pelvic pain dysfunctions http://www.womenshealthapta.org/pelvis
- Dr. Michel Odent’s perspective on the intrauterine and prenatal environment’s impact on maximizing health and emotional well-being www.wombecology.com/index.html
- General information and resource http://www.americanpregnancy.org/pregnancyhealth/
- American College Obstetricians and Gynecologists http://www.acog.org/publications/patient_education/
- The Association for Safe Alternatives in Childbirth (Alberta based organization) and their publication, Birth Issues www.assoc.org
- Symphysis pubis dysfunction and pelvic instability www.pelvicinstability.org.uk
- International Pelvic Pain Society www.ipps.org
- National Women’s Health Information Center www.4woman.gov
- Royal College of Midwives www.rcn.org.uk
- National/Childbirth Trust www.pregnancyandchildcare.com

Recommended Prenatal Massage Products

- Belly pillows www.bodytherapyassociates.com or Spinal Care Systems www.spinalcareproducts.com
- Oils and lotions PurePro www.purepro.com
- Tilt top massage table models:
  - Oakworks www.oakworks.com
  - Living Earth Crafts www.livingearthcrafts.com

Pregnancy Massage 101:
Practice-Based Decision Making
CONTEST

How to enter:
- Write a review of a “Pregnancy Massage 101” webinar on Facebook (www.facebook.com/BenjaminInstitute)
- You’re eligible for one entry per webinar

What you can win:
- Autographed copy of “Pre- and Perinatal Massage Therapy”
- A complete set of the “Pregnancy Massage 101” webinar series to give to a friend or colleague

Webinars Available On Demand

Dr. Ben Benjamin
- Unraveling the Mystery Series:
  - Low Back Pain
  - Shoulder Pain
  - Knee Pain
  - Hip & Thigh Pain

Whitney Lowe
- Orthopedic Approaches to Upper Body Disorders
- New Series Title

Tom Myers
- Anatomy Trains:
  - Clinical Applications of Myofascial Meridians
  - New Series Name

Carole Osborne
- Pregnancy Massage 101

And Many More...

All Webinars Available at www.TheBenjaminInstitute.com
Title of Webinar

Thank You for Attending the Seminar
Title of Webinar – Date of Webinar

Please fill out the below form to obtain your certificate.

First Name:
Last Name:

How would you rate the workshop overall?

How would you rate the instructor?

Did this workshop achieve its stated goals?

Did the workshop meet the stated learning objectives?

How was the pacing?

Post Webinar Quiz (you must answer 4 of 6 correctly)

Question 1
Possible Answer Options

Question 2
Possible Answer Options

SPECIAL OFFER
JOIN
The Benjamin Institute
E-Mailing List
&
Receive a FREE Ebook
on the Low Back

Go to: www.TheBenjaminInstitute.com
And click “Join Our Mailing List”