

Course Accreditation:
MidPlus 14 points
AAMT 20 points
AMT 60 points
ATMS 16 Points
MAA 20 points
Massage Australia
ANTA
IICT



Certificate of Pregnancy Massage

FOR SPA & BEAUTY THERAPISTS

Introductory pregnancy massage course

This course will give you the skills to confidently massage your pregnant clients. Pregnancy is a very special time in a woman's life. Many physiological changes occur to her body during the three trimesters. Understanding these changes will help you to determine the outcome of your treatment. It will give you the confidence and guidance to apply appropriate pregnancy massage to your clients. This course is tailored to spa and beauty therapists and can be delivered to spa staff to assist them with pregnancy massage treatments.

A signature-style massage can be designed for your spa to meet the growing demands of the blooming pregnancy massage market.

As women have the choice of remaining at work during their pregnancy they are finding the need to nurture and care for themselves through this important time. Massage helps to gain this balance, as well as heighten the mother-baby connection.

We will train you to deliver specialist pregnancy massage so you will be able to confidently support busy mothers-to-be. With our training you can expand your services to cater to the varying needs of your pregnant clients and baby-mooning market.

For more information contact Pregnancy Massage Australia®
www.pregnancymassageaustralia.com.au
e: info@pregnancymassageaustralia.com.au



Course outline

Day 1 We will introduce you to the many benefits of massage during pregnancy – you will learn techniques and gain the confidence to massage and treat pregnant clients.

- Develop awareness of the physiological changes during pregnancy
- Begin to understand body changes, and the effects on various bodily systems
- Joints and muscles affected during pregnancy
- Introduction to some of high risk conditions unique to pregnancy and contra indications for massage during pregnancy
- Pregnancy myths will be explained and identified
- Endangerment sites including reflex points and acupressure points will be explained
- Review of the three trimesters, including lying positions appropriate for pregnancy through each trimester
- Draping - client comfort and privacy
- Massage techniques appropriate during pregnancy
- How to prepare for a pregnancy massage treatment
- Full body massage demonstrated

Day 2 You will begin to develop massage skills to treat some specific musculoskeletal conditions, which pregnant clients will present with.

- How to prepare a pregnancy massage treatment and assess the client for massage treatment
- Massage techniques during pregnancy – develop appropriate applications for each trimester
- Application of gentle release techniques for hip pain with a focus on gluteal muscles
- Application of gentle myofascial hip mobilisation
- Myofascial piriformis release unique for pregnancy
- Introduction to shoulder releases and mobilisation to reduce pregnancy posture changes
- Introduction to abdominal massage unique to pregnancy, which helps create a supportive mother-baby connection.