



POSTNATAL MASSAGE

FACE-TO-FACE COURSE

SUPPORTING AND NURTURING IN THE 4TH TRIMESTER

@pregnancymassageaustralia   

Introduction

How do we support and nurture a new mum using postnatal massage? The excitement of welcoming a new baby into the world can fill a mother and partner with a roller coaster of emotions. Taking the time to adjust to this great responsibility can seem overwhelming, but can also be filled with excitement. Postnatal massage promotes relaxation and relieves anxiety, having a positive effect to ease postnatal blues.

In the 'Postnatal Massage' course, we focus on:

- Massage in the fourth trimester
- Massage after caesarean
- Massage to rebalance the body
- Massage to relieve tension from breast feeding
- Simple postnatal exercises.

Face-to-Face Course Information

- You will attend the face-to-face training on the scheduled enrolled date, and you will also have access to the online version of the course for 6 months.
- Each module has multiple lessons to help you gain a greater understanding of each subject, broken up into individual lessons for ease of learning.
- In the practical component you are supported with videos to guide you through creating a postnatal massage.
- If desired, you can attend a Zoom Classroom to gain greater knowledge and understanding, to connect with like-minded therapists, and to cover techniques in detail and give students the opportunity to ask questions.
- You will be invited into the Pregnancy Massage Australia® Therapists Q&A Facebook Group, which is a supportive forum to ask questions and share your experiences.

To successfully complete the course, you will have to pass the simple assessments by:

- Answering questions in each section of the training
- Designing a 'Postnatal Client Health Assessment Form' (how to do this is covered in the training, and you will be supplied with an example form)
- Completing a postnatal massage by treating a client twice, including providing a photo of your postnatal massage table set-up.

Course Content Outline

Module 1: Early Postnatal Recovery – Adjustment and Healing

- Massage goals for early postnatal massage: the fourth trimester
- Benefits of postnatal massage
- Precautions and guidelines for postnatal massage

Module 2: Planning Your Postnatal Massage

- Design a postnatal health assessment form
- How to create a comfortable position for a breast feeding

Module 3: Specialised Massage Techniques for Abdominal Healing

- Benefits of abdominal massage in early postpartum
- Postnatal abdominal healing massage
- Caesarean healing with massage

Module 4: Specialised Massage for Postpartum Pelvic Pain Syndrome (PPPS) and Lower Back Pain

- Client assessment for PPPS
- Rebalance the pelvis - sacrum
- Release of the iliopsoas and piriformis
- Specialised techniques to ease lower back pain

Module 5: Specialised Massage for Thoracic and Neck Discomfort

- Assessment of movement for the neck and shoulder region
- Applications to ease tension from breast feeding and change in posture
- Mobilisation for the shoulder and neck

Module 6: Specialised Massage to Ease Carpal Tunnel

- Assessment for carpal tunnel in the postnatal period
- Treatment for carpal tunnel
- Self-care applications for carpal tunnel
- Breast feeding positions for women with carpal tunnel syndrome

Module 7: Introducing Safe Exercise Postnatally

- Preparing the body for exercise
- Simple tasks to help regain pre-pregnancy posture
- Gentle postnatal exercises.

On successful completion of this course, therapists will receive a 'Certificate of Attendance'.