



BECOME A PREGNANCY MASSAGE SPECIALIST

PRACTITIONER OF PREGNANCY MASSAGE (REFRESHER COURSE)

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Refresher Course Content Outline

The Practitioner of Pregnancy Massage Refresher course will further develop your massage knowledge and skills with a focus on the many complex presentations of pregnancy. We will revise in detail high-risk conditions unique to pregnancy and how to treat these conditions through each trimester.

Module 1: Complex Conditions Unique to Pregnancy

- Explore the more complex conditions unique to pregnancy
- How to identify signs and symptoms
- Implications of condition to mother and baby, including self care
- How to support a mother and family unit after a loss

Module 2: Orthopaedic Assessments Unique for Pregnancy

- Special testing for pregnancy
- Assessment of hip and pelvis
- Passive range of motion in the hip
- Assessment of thoracic spine
- Assessment of neck range of motion
- Assessment for Carpal tunnel syndrome

Module 3: Treatment of PGP – Hip and Lower Back Pain

How to treat and reduce the pain patterns associated with:

- Pelvic Girdle Pain PGP, a complex and debilitating condition in pregnancy
- Pubic Symphysis Pubis pain /diastasis (PSP or PSD)
- How to support changes through the spine and imbalances associated with lower back pain including treatment of:
 - Sacroiliac joint pain (SIJ disfunction)
 - Treatment of the medial rotators - gluteal muscle releases
 - Treatment of deep hip rotator including piriformis releases and the “magic 4”
 - Iliopsoas release unique for pregnancy and lumbar lordosis release
- Balancing the pelvis in preparation for birth – Sacrotuberous and Sacrospinous ligaments
- Pregnancy ligamentous pain, how to recognise the ligament pain patterns and massage treatment

Module 4: Treatment of Thoracic and Cervical Spine

- Changes to the thoracic spine, shoulder and ribs
- Complex shoulder treatment including:
 - Thoracic spine
 - Pectoral and subscapularis releases
 - Shoulder mobilisations to improve posture, function and movement
- Gentle application of rib release and respiratory releases to ease shortness of breathe common in pregnancy
 - Treatment and implication of scoliosis in pregnancy
- Massage applications to improve posture for mums still working and/or breast feeding. You will learn techniques to reduce client pain and discomfort.
- Assessment of neck movement and gentle application of massage techniques to reduce pain and improve movement patterns:
 - MET releases for the neck
 - Gentle unwinding techniques

Module 5: Treatment of Carpal Tunnel and Oedema in the Arms

- How to assess for carpal tunnel and oedema of the arms.
- Treatment protocols for assessment and management of carpal tunnel and oedema of the arms

Module 6: Treatment of Leg Discomforts in Pregnancy

- How to ease the symptoms of:
 - Restless leg syndrome
 - Leg and calf cramping
 - Reduction of oedema in the legs

Module 7: Abdominal Massage

- How to apply abdominal massage to support diastasis recti and digestive system changes
- How to create a unique mother-baby connection

Module 8: How to develop a referral network – pregnancy resources

- How to develop a referral network of specialists in perinatal care and women’s health
- Pregnancy resources to “create women-centred care”

You will have the opportunity to combine all you have learnt and apply to a pregnant client - you will experience first hand the benefits of the many new techniques you have learnt.

All training delivered by Pregnancy Massage Australia® is evidenced-based, and focuses on our latest research and study into the perinatal period.

For more information, or to enrol
www.pregnancymassageaustralia.com.au

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