



CERTIFICATE OF PREGNANCY MASSAGE

(ONLINE COURSE)



DISCOVER THE MANY BENEFITS OF MASSAGE DURING PREGNANCY

Introduction

Pregnancy is a very special time in a woman's life that creates significant physiological, structural, and psychological changes. Understanding these changes will help you, the massage therapist, to determine the outcome of your treatment. It will give you the confidence and guidance to apply appropriate therapeutic massage to your pregnant client.

During the online 'Certificate of Pregnancy Massage' course you will study the gentle application of massage for pregnant women, and the appropriate techniques and style of application suitable for each trimester. You will discover how beneficial massage is during pregnancy and beyond.

Online Course Information

- On enrolment you receive a welcome email and an extensive training manual to support your remote learning
- You can start whenever you like, and study is self-paced
- You will have access to the course for 3 months while you refine and perfect your skills
- Each module has multiple lessons to help you gain a greater understanding of each subject
- The theory component is broken up into 10 individual 15-30 minute lessons which you can complete at your own pace
- In the practical component you are supported with videos to guide you through a full body pregnancy massage and specialised techniques
- We will invite you to a Zoom Classroom to gain greater knowledge and understanding, and to connect with like-minded therapists
- 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 the questions in each section of the online training
 - Designing a 'Pregnancy Client Health Assessment Form' (how to do this is covered in the training, along with an example form)
 - Completing a case study: 'Treat a Pregnant Client' and outline your massage treatment
 - Providing a photo of your pregnancy massage table set-up.

Course Content Outline

Module 1: Pregnancy Massage Changes

- Changes to mother – physiology – self-care and education
- Massage recommendations for each trimester

Module 2: Conditions Unique to Pregnancy

- Unique conditions in pregnancy and pathology of high-risk pregnancies
- Learn how to recognise signs and symptoms of conditions and when massage will be contraindicated
- Review conditions that can affect health of mum and baby
- Pregnancy myths will be explained

Module 3: Body Changes in Pregnancy

- Learn the complex orchestration of hormones in pregnancy
- Anatomy and Reproductive system – musculoskeletal changes

Module 4: Client Positioning for Treatment

- Client history and health assessment
- Safety and benefits of treatment position
- Client positioning for treatment in the first trimester
- Client positioning for second and third trimester

Module 5: Pregnancy Massage Treatments

- Pregnancy massage treatment and process
- How to prepare for a pregnancy massage treatment
- Learn the application of a full body pregnancy massage treatment
- Draping and client positioning for success in treatment
- Introduction to abdominal massage unique to pregnancy to create a mother-baby connection

Module 6: Specialised Pregnancy Techniques

- Gentle techniques to reduce 'fight/flight response' – reducing stress and anxiety
- Application of RPT: Release Point Therapy to reduce hip and lower back pain and improve movement
- Myofascial technique to create a gentle stretch in the lumbar spine
- Myofascial techniques for sacro iliac joint and hip pain in pregnancy with a focus on gluteal/hip muscles.

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

Training proudly delivered by Pregnancy Massage Australia®