

Common Course Outline
MASS 250
Pre- and Perinatal Massage
3 Credits

The Community College of Baltimore County

Description

MASS 250 – 3 Credits – Pre- and Perinatal Massage explores the history, benefits and techniques of massage as a therapeutic support to childbearing. Psychological, physiological, structural and functional changes specific to each trimester, as well as during labor/delivery and postpartum are explored. Draping, positioning, cautions/contraindications, safe practice and protocol are detailed and demonstrated. A pre and perinatal massage protocol is taught. The role of the massage therapist interfacing with other skilled childbearing professionals is examined. Building a prospective business and incorporating creative marketing ideas are explored.

3 Credits; 2 lecture hours per week; 2 laboratory hours per week

Prerequisite: Licensed Massage Therapist or Registered Massage Practitioner, or consent of the Program Director

Overall Course Objectives

Upon successful completion of this course students will be able to:

1. describe benefits massage has on pregnancy and the childbearing years;
2. demonstrate prenatal, labor and postpartum massage protocol;
3. describe the positioning required during each trimester of pregnancy;
4. identify the cautions and contraindications pertaining to normal and high risk pregnancy;
5. demonstrate massage techniques that support clients with special needs;
6. demonstrate and apply client positioning, draping, body mechanics, and other practical considerations;
7. list the psychological, physiological, structural and functional changes that are specific to each trimester;
8. perform a safe therapeutic session that addresses typical prenatal discomforts;
9. demonstrate couple's massage techniques that support labor;
10. identify and define the stages of normal labor;
11. explain the massage therapist's role during labor and the key ethical, physical and emotional challenges involved in assisting;
12. identify specific massage techniques to support each stage of labor;
13. identify signs of postpartum affective disorders and complications; and
14. develop a marketing plan to support a pregnancy massage practice.

Major Topics

- I. Pre-and perinatal massage therapy
 - A. Benefits of prenatal & perinatal massage
 - B. Guidelines, precautions and contraindications
 - C. Client positioning, draping, body mechanics, and other practical considerations
- II. Trimester Recommendations
 - A. Adapting and integrating specific techniques to address discomfort safely
 1. First trimester: common maternal development
 2. Second trimester: maternal and fetal development and safe positioning
 3. Third trimester: maternal and fetal development with precautions, considerations and guidelines for safe practice and support
- III. Massage therapy as labor support
 - A. Partner massage instruction
 - B. Pelvic floor preparation
 - C. Improving awareness and communication
 - D. Collaborating with midwives, doulas and medical professionals
 - E. Supporting all stages of labor
- IV. Postpartum perspective and techniques
 - A. Healing from labor and supporting the process
 - B. Supporting satisfying bonding and breastfeeding
 - C. Postpartum complications and precautions
- V. Infant Massage
 - A. Neuroscience of skin-to-skin contact
 - B. Instructing parents

Course Requirements

Grading/exams: Grading procedures will be determined by the individual faculty member but will include the following:

- A minimum of 3 homework assignments
- A mid-term and a final exam
- 1 written paper: a personal “birth story”
- 1 practical exam

Students are required to utilize appropriate academic resources.

Other Course Information

This course may not be offered in all semesters, see registration schedule.