



PREGNANCY MASSAGE

ONLINE COURSE SYLLABUS

With 28 virtual lessons, this course delivers bite-sized content for massage therapists working with pregnant clients. Learn anatomy, techniques, and contraindications with Jing co-founder Meghan Mari and registered midwife Lorena Ranson. Includes a full manual and handy downloads covering all trimesters and postnatal care. This content is part of our mixed media pregnancy course but can also be purchased individually.

MODULE 1:

ANATOMY AND PATHOLOGIES OF PREGNANCY

- Lesson 1:** Anatomy of pregnancy
 - Lesson 2:** Trimesters structural change
 - Lesson 3:** Musculoskeletal pathologies - how we can help
 - Lesson 4:** Pregnancy related conditions/red flags to be aware of
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MODULE 2:

PREGNANCY MASSAGE PROTOCOL

- Lesson 1:** Lesson 1: Introduction to hands-on work
 - Lesson 2:** Side-lying - positioning and pillowing
 - Lesson 3:** Neck, shoulder and QL work
 - Lesson 4:** Arm, wrist and hand work
 - Lesson 5:** Back work
 - Lesson 6:** Stretches
 - Lesson 7:** Leg work
 - Lesson 8:** Belly work
 - Lesson 9:** Moving the client
 - Lesson 10:** Supine techniques
 - Lesson 11:** Follow up with client
 - Lesson 12:** Post natal treatment and care
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MODULE 3:

ADDITIONAL RESOURCES

- Lesson 1:** Research
 - Lesson 2:** Full PDF manual download
 - Lesson 3:** Additional questions for pregnancy consultation
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MODULE 4:

PRACTICAL TIPS AND EXPERTISE FROM A REGISTERED MIDWIFE

- Lesson 1:** Consultation
 - Lesson 2:** Musculoskeletal pathologies
 - Lesson 3:** Pregnancy and red flags: miscarriage, DVT, pre-eclampsia
 - Lesson 4:** Pregnancy and red flags: excessive itching and nausea
 - Lesson 5:** Pregnancy and red flags: diabetes
 - Lesson 6:** Pregnancy and red flags: anemia
 - Lesson 7:** Pregnancy and red flags: legs and girdle
 - Lesson 8:** Pregnancy and red flags: placenta piera
 - Lesson 9:** Pregnancy and red flags: trauma and scars
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