Pregnancy Massage 101:
Musculoskeletal Adaptations I
Pelvic and Torso Focus

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Webinar Intention
To offer massage therapists a foundation for understanding:
• Causes of prenatal torso pain
• The joints, muscles, ligaments, and nerves negatively strained by pregnancy
• Criteria for distinguishing musculoskeletal from organically referred pain
• Safety issues when working on the torso and pelvis

Note: This webinar does not certify you to practice prenatal massage.

Preview Test Questions
1. What are the primary causes of musculoskeletal pain during pregnancy?
2. What joints develop the most painful strain during pregnancy?
3. What are some of the possible negative effects on the musculoskeletal system of the hormones supporting pregnancy?
4. How might you distinguish joint or soft tissue pain from pain referred from an internal organ?
5. How do the uterine ligaments contribute to back, leg and abdominal pain during pregnancy?
6. Where on the back should you make pressure modifications for safe prenatal massage therapy?

Pregnancy Progression

<table>
<thead>
<tr>
<th>Trimester</th>
<th>3rd Trimester</th>
<th>2nd Trimester</th>
<th>1st Trimester</th>
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<tbody>
<tr>
<td>Weeks</td>
<td>27 – 40+</td>
<td>14 – 26</td>
<td>1 – 13</td>
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Backache in Pregnancy

• 48 to 56% of expectant women experience some back pain
• More common during weeks 24 through the birth
• 50% suffer in the SI area
• 25% in the upper back

Recommended Healthy Weight Gain = 25-35 #s

- Increased Anterior Weight
  • Increases spinal curvatures, especially lumbar and cervical areas
  • Shifts center of gravity
  • Redistributes weight toward toes
  • Modifies function and range of many muscles and joints
Hormonal Impacts to Musculoskeletal System

- Relaxin, synergistically with progesterone, softens and relaxes all connective tissue
- Systemic ligamental laxity
- Most strain to weightbearing structures in lumbar spine and pelvis

The “Pregnant Pelvis” Peripartum Pelvic Pain Syndrome (PPPS)

Primary Areas of Pelvic Pain

- Sacroiliac
- Lumbosacral
- Intervertebral
- Symphysis pubis
- Coccyx
- Hip
Pelvic Muscles Most Affected

Upper Body Strain
- Compensating posterior shift of upper ribcage and torso
- Anterior shift and lateral displacement of lower ribcage
- Strain to abdominal attachments distorts distal ribcage
- Intercostal muscles strain and trigger points
- Fetal growth and activity creating rib and abdominal pain

Thorax and Pectoral Muscles Most Affected
Abdominal Muscles

Uterine Ligaments

Broad and Round Ligaments  Sacrouterine and Round Ligaments

Referred Uterine Ligament Pain
Suggested Massage and Bodywork for Musculoskeletal Complaints

- Swedish massage
- Resisted movements
- Rhythmic passive movements
- Strain and counterstrain
- Muscle energy
- Myofascial and other forms of deep tissue and structural organization
- Deep cross-fiber friction
- Trigger point (neuromuscular)
- Educational activities

Rhythmic Passive Movements

Deep Tissue/Myofascial
Muscle Energy

Joints and Muscles Most Directly Affected During Pregnancy

Educational Activities
Postural Guidance

Teaching partners

Positioning Considerations to Reduce Pelvic and Torso Pain

Sidelying recommended to minimize strain to uterine and posterior structures.
Why Not Prone?

Neutral Position for Spine and Pelvis

With secure supports under torso, belly, leg

Neutral Position for Spine and Pelvis

By aligning hip, knee and foot of ceiling side leg
Neutral Position for Spine and Pelvis

Additional supports sometimes needed between ribs and pelvis, under arm, and at head.

Sidelying Propping Options

Sidelying Positioning System

BodyCushion™
Pillows

Adapting for Symphysis Pubis Pain

Avoid unilateral traction and extreme hip ROM

Keep knees together
Maintaining Neutral Position during Session

- When mobilizing the spine or pelvic girdle
- During any technique performed from behind client
- When performing hip and leg movements and stretches

Avoid Excessive Pressure to Abdomen

- Abdominal borders include pubic bone, distal edge ribcage, lateral edge of ilium and quadratus lumborum
- No deep or pointed pressure within these borders, regardless of potential therapeutic value

Avoid Pointed Pressure on Sacrum and Apex Shoulder
Distinguish Soft Tissue Pain from Organic Pain

- Change position or activity
- Soft tissue pain likely safe to proceed
- Organic pain need more assessment before proceeding

Precaution Summary

- Sidelying Position Recommended
- Maintain Neutral Spinal and Pelvic Alignment
- Adapt for Symphysis Pubis Pain
- Avoid Pointed Abdominal, Sacral, or Apex Shoulder Pressure
- Assess for Possible Organ Pain, Miscarriage or Early Labor

Further Information and Training

Other Pregnancy Massage 101 series webinars:
#1 Fostering a Healthy Pregnancy-recorded
#2 Cardiovascular Adaptations-recorded
#3 Respiratory and Digestive System-recorded
#5 Musculoskeletal System Adaptations II-Feb 16
#6 Practice-Based Decision Making- Feb. 23

(6 only available if purchase all 6 webinars)
Further Information and Training

Terms of Participation for Pregnancy Massage 101 Webinars

- I realize that the health and well-being of my clients and their offspring are influenced by my understanding and application of this material; therefore, I am committed to the conscientious study and thorough absorption of the information presented in this webinar.

- I understand that this webinar offers valuable, yet limited education in prenatal massage therapy. I understand that it does NOT include labor, postpartum, or any clinical or hands-on instruction or evaluation; therefore, this is NOT a certification program.

- I agree not to represent myself directly or by implication in marketing activities or any communications to clients or otherwise that I am certified, endorsed, or authorized by the Benjamin Institute or by Carole Osborne, Body Therapy Associates, or any other agency to practice or teach prenatal massage therapy or the basis of participation in this webinar.

- I recognize that, on the basis of this webinar, I am especially not prepared to work with those women whose pregnancies are complicated by medical conditions or a higher risk of complications developing; therefore, I will refer these individuals to others more thoroughly educated and certified in this specialization.

- The safety and health of the expectant woman and her child(ren) are my foremost concern; therefore, I will seek guidance from her prenatal healthcare provider prior to providing services.

- If I have any doubt as to the prudence of any somatic practice for my pregnant client, I will refrain from such procedures and seek guidance from her prenatal healthcare provider regarding her care.

- I agree to conduct my practice of prenatal massage therapy in accordance with the ethical and legal guidelines of the organizations to which I belong or by which I am licensed or registered.

Certification in Pre- and Perinatal Massage Therapy

Four-day CE certification hands-on workshops available throughout the U.S.: Utah, California, Illinois, New Jersey, Texas, Washington, Massachusetts, Oregon, Louisiana, Georgia.

For schedule and more information:
www.bodytherapyassociates.com
Facebook: Carole Osborne's Prenatal and Deep Tissue Massage Training

- Important reminder: Neither this webinar nor this series certifies you to practice maternity massage therapy.
Free Educational Videos
Carole’s videos at www.bodytherapyassociates.com/videos.php
- Peripartum Pelvic Pain
- Advantages of Sidelying
- Tips for Sidelying Positioning
- Secure SL Draping
- SL Body Mechanics
- Massage of the Legs
- Rhythmic Deep Tissue

References
- Osborne C. Pre- and Perinatal Massage Therapy. 2nd Ed. Baltimore: Lippincott, Williams, and Wilkins, 2011.

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• Write a review of a "Pregnancy Massage 101" webinar on Facebook (www.facebook.com/BenjaminInstitute)
• You’re eligible for one entry per webinar

What you can win:
• Autographed copy of "Pre- and Perinatal Massage Therapy"
• A complete set of the "Pregnancy Massage 101" webinar series to give to a friend or colleague

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Unraveling the Mystery of Cervical Pain
Unraveling the Mystery of Shoulder Pain
Unraveling the Mystery of Knee Pain
Unraveling the Mystery of Ankle Pain
Unraveling the Mystery of Hip & Thigh Pain
The Ethics of Touch
Approaches to Upper Body Disorders
Anatomy Trains
Massage in Cancer Care
Cardiovascular Conditions and Massage
Functional Fitness and Massage Therapy

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