

*“It is only with the heart
that one can see rightly.
What is essential is
invisible to the eye.”*

-Antoine de Saint Exupéry

Reproductive System 2

Lesson Plan: Reproductive System 2

5 minutes: Breath of Arrival and Attendance

50 minutes: Reproductive System 2



Classroom Rules

Punctuality- everybody's time is precious:

- Be ready to learn by the start of class, we'll have you out of here on time
- Tardiness: arriving late, late return after breaks, leaving early

The following are not allowed:

- Bare feet
- Side talking
- Lying down
- Inappropriate clothing
- Food or drink except water
- Phones in classrooms, clinic or bathrooms

You will receive one verbal warning, then you'll have to leave the room.





Introduction

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Therapists will encounter unique individuals with special needs and some physical, emotional, and health-related challenges.

Massage is safe during all stages of life if tailored to the client's health and particular situation and circumstance.

Modifications might involve placing a client in advanced pregnancy on her side.



General Suggestions

When your client mentions his or her special need or disability when making an appointment, spend time preparing for the session.

The best source of information comes from the client.



General Suggestions

Each situation will be different, and you must be willing to be open-minded, patient, tolerant, and flexible.

Each client will teach you, if you are willing to listen and learn.





Pregnant Clients

Pregnant Clients

Pregnancy massage has many benefits for the expectant mother:

- Reduce stress
- Decrease swelling in the arms and legs
- Relieve aches and pains in muscles and joints
- Reduce anxiety and depression



Precautions for all Trimesters

If clients has severe abdominopelvic pain, cramping, or vaginal bleeding:

- Seek immediate medical attention
- Medical clearance is needed with subsequent massage



Massage in the First Trimester

- Massage is safe during this 14 week long period



Massage in the Second Trimester

- As the client's body changes, the pregnancy begins to show
- Pressure on blood vessels occurs when she is lying supine
- A small wedge or pillow under her right hip tilts her abdomen just enough to move the baby off the abdominal blood vessels



Massage in the Third Trimester

- Baby's growth is greater
- Postural changes in the mother are evident
- Use Positional and technique modifications listed below as needed



Massage in the Third Trimester

- Mother may notice occasional, preparatory, or Braxton Hicks contractions in which the uterus contracts and then relaxes
- Colostrum, the early form of breast milk, may leak from the breasts resulting in many women leaving on their bras during massage.





Male Reproductive System

Massage and Common Discomforts of Pregnancy

Fatigue Feeling unusually tired.

- Eating, breathing, and eliminating for two requires a great deal of energy.
- Reduce treatment time to 30 minutes and use lighter-than-normal pressure.
- If dizzy when getting up from the massage table, have her sit up slowly and remain seated for at least 30 seconds before standing. Be ready to assist.



Massage and Common Discomforts of Pregnancy

Nausea and Vomiting Massage is contraindicated.

Heartburn Burning sensation in the chest. Common during the third trimester.



Massage and Common Discomforts of Pregnancy

Nasal Congestion

- 30% of pregnant women have congestion without any other cold symptoms.
- Usually starts in the third month and can last until the baby is delivered.



Massage and Common Discomforts of Pregnancy

Lower Back Pain

- As the uterus expands, the mother leans backward to compensate.
- Temporary relief: spend extra time on the lumbosacral area and buttocks.



Massage and Common Discomforts of Pregnancy

Leg Cramps (AKA: Charley Horse)

- Heavy uterus presses on blood vessels compromising blood flow to the legs.
- To prevent plantarflexion, undrape or use a light drape while supine.
- If cramping occurs, dorsiflex the ankle to stretch the calf muscles.



Massage and Common Discomforts of Pregnancy

Deep Vein Thrombosis and Blood Clots

- Decreased clot-resolving properties, and increased clot-producing factors
- 5 to 6 times greater risk for blood clots
- To assess for DVT, lightly palpate entire leg feeling for hot spots.



Massage and Common Discomforts of Pregnancy

Varicose Veins

- Developed or worsened during pregnancy
- Locally contraindicated if pressure causes pain
- Use bolsters or pillows to elevate legs above the heart



Massage and Common Discomforts of Pregnancy

Edema

- Swollen feet and ankles due to fluid volume increases in the third trimester and enlarged uterus pressing on abdominal blood vessels
- More prevalent at the end of the day. Worse during summer months
- Pitting edema: dents left when edematous skin is compressed and released
- For mild edema, elevate the affected area during massage
- Widespread and pitting edema requires medical clearance



Massage and Common Discomforts of Pregnancy

Frequent Urination

- Caused by an enlarged uterus pressing on the urinary bladder
- Hormonal changes also cause the retention of and release of fluids
- Suggest that the client void before the session or during if needed





Additional Suggestions

Additional Suggestions

Technique Restriction

- No connective tissue and deep myofascial release techniques due to relaxin
- No manual traction of the legs to avoid separation of the pubic symphysis
- Joint mobilizations must be adjusted to protect and support lax joints



Additional Suggestions

Body Temperature

- Avoid hot packs, heating elements, and hot stones
- Remove the blanket and uncover her arms and legs
- Place a cool washcloth over the forehead or across the base of the neck
- An oscillating fan may also be used



Additional Suggestions

No Abdominal Bodywork

Comfort

- Be willing to make adjustments in techniques, pressure, or position
- Be responsive to your pregnant client's mood
- If your client is experiencing sadness or is grieving, be accepting and supportive of emotional expressions such as crying





High Risk Pregnancies

High Risk Pregnancies

High Risk Pregnancies Pregnancies that put the mother, the developing fetus, or both at higher-than-normal risk for complications during or after the pregnancy and birth.

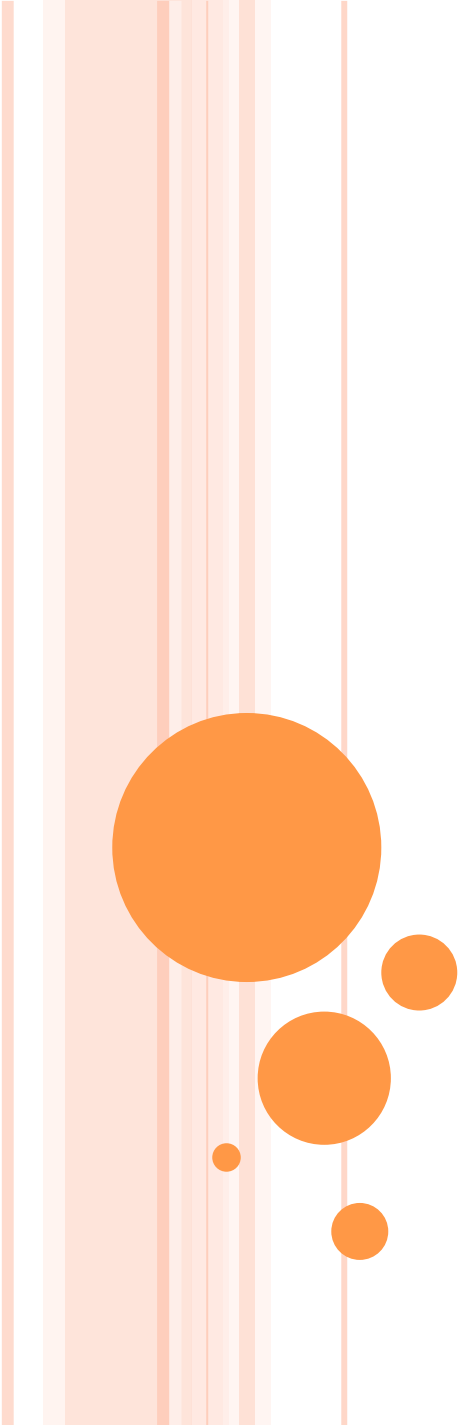
- Twins, triplets, higher-order multiples
- History of pre-term labor or delivery
- Maternal age of less than 15 or greater than 35
- Vaginal bleeding



High Risk Pregnancies

- Complications caused by pregnancy itself, such as gestational diabetes or pre-eclampsia
- Abnormalities or infections of the urogenital tract
- History of miscarriage
- Pre-pregnant weight is less than 100 lb of the woman is obese (BMI = 30)
- When pre-natal tests indicate fetal abnormalities





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