

MTAA Sponsored Course 2023

Massage Therapy for Pregnancy

Instructed by: Cindy McNeely of Trimesters Massage Therapy Education

Date: May 5 & 6, 2023

Time: 9 AM – 6 PM

Location: Edmonton

Vicars School of Massage Therapy

2828 Calgary Trail, Edmonton, AB

MTAA Approved for 18 primary credits

The goal of this course is to give the participants a solid theoretical and practical foundation for providing Massage Therapy for the pregnant client. The physical and emotional changes a woman experiences from preconception planning to the birth of their infant(s) are considerable. After taking this course, the Massage Therapist/student will be able to provide safe, professional, and knowledgeable care for their pregnant clients.

The participant will learn about:

- Physiological and anatomical changes occurring during each trimester of pregnancy.
- Theory and practical techniques for providing Massage Therapy, and self-care strategies for pregnant women.
- Developing effective treatment strategies relevant to the client's goals, signs and symptoms, stage of pregnancy, and medical condition.
- Hands-on practicum where participants can apply their learned skills directly in a clinical setting

Summary of Topics Covered

- Becoming pregnant: preconception concerns
- Choosing a caregiving team during pregnancy
- Physical realities which may occur in each trimester and how the M.T. can facilitate increased ease related to these symptoms:
 - morning sickness, fatigue, breast tenderness
 - heartburn, varicose veins, abdominal changes
 - musculo-skeletal discomforts, postural changes, blood pressure issues

- Hands on M.T. practice appropriate for each trimester which includes practice with positioning, draping, and technique application
- Developing one's clinical accumen:
 - Case History Information, medical issues, and contraindications
 - Adapting to the individuality of the pregnant woman and her health history
 - Providing safe and effective care which draws on pregnancy as a 'normal', healthy event in the life of the woman
- Stress and emotional factors which can impact on the pregnant woman
- Self-care exercises and hydrotherapy during pregnancy
- Taping for the Pregnancy & Postpartum time frames
- Tips to aid in Pelvic Floor Health
- M.T. preparation for the birthing experience
- Marketing strategies for establishing a well-known Perinatal Clinical practice
- Community resources & making appropriate referrals

Each participant will receive a manual from Trimesters by e-mail in PDF format, along with any additional handouts relevant to the training. This information will be shared approximately 2 weeks prior to the course date.

Course Pricing

Early Bird Price	<i>available for a limited time for MTAA members only</i>	\$425 plus GST
MTAA Member Price		\$450 plus GST
Non-Member Price		\$500 plus GST
*Courses are non-refundable and non-transferable		

Requirements to Attend

All participants must bring the following to the course:

- 2 sheets
- towels - 2 small & one large
- 5 pillowcases
- 3 pillows
- Participants are encouraged to wear comfortable clothing

- Bottled water for each day
- **Indoors Shoes are required**

About the Instructor



Cindy McNeely, R.M.T. (1985)
Trimesters Massage Therapy Education

www.trimesters.on.ca

**Facebook: Trimesters: Massage Therapy
Education**

416-803-7092

Biography

Cindy McNeely, R.M.T. has practiced Massage Therapy in Ontario since 1985, and is Registered with the CMTO (College of Massage Therapists of Ontario).

Her broad-based teaching career began in 1988 as an Instructor at Sutherland - Chan School of Massage Therapy, and progressed to teaching in various M.T. Colleges throughout Canada.

In 1995, Trimesters: Massage Therapy Education was created with her colleague Allison Hines-Berman. Their goal was to raise the standards of Perinatal Massage Therapy throughout Canada.

Cindy's perinatal teaching has taken her to 7 Canadian Provinces where she has taught on faculty within M.T. Colleges, for the CMC - 2022, for Assoc. Conferences (MTAM - 4th time MTAS, MTANS, PEIMTA) & through invitations from Physiotherapy & Massage Therapy Clinics (Nfld., Ont.), Spas (Mb, Ont., Nfld) & independent clinic owners - Intuitive Touch, Toronto.

A strong believer in post-graduate education, Cindy has taken training with Penny Simkin, Ina May Gaskin, Suzanne Arms, Spinning Babies, Gina Kirby, Leslie Chandler, Shawn Gallagher, SOGC, The Institute for Birth Healing, the Touch Research Institute with Tiffany Fields, DONA, U of New Mexico - Maria Mathias, IAIM, Hypnobirthing, Suzanne Yates - Britain, Claudia Citkovitz - NYC Acupressure/Acupuncture Clinic to name a few.

Along with Massage Therapy, Cindy is an R.M.T. Doula/Labour Support Provider & has attended many births.

She has also worked extensively with parents & their babies & children to provide knowledge, education, and hands-on therapy for Infants, Children, & within Paediatric situations. She has taught and provided Massage Therapy with Families through the Public Health Depts., Hospitals and the Children's Aid Society.

Cindy created the first Canadian Level III Regional Perinatal Hospital Massage Therapy program at Women's College Hospital which had placements for students from Sutherland-Chan, Centennial College, Elmcrest, and C.C.M.H. & post-grad placements for R.M.T.'s under Cindy's supervision. When Women's College Hospital closed, the Perinatal Massage Therapy Student Placement Program continued onsite at Sunnybrook Health Sciences Centre. This is an advanced level clinical program for senior students. This program exists within the High Risk Pregnancy Units, Labour & Delivery, Maternal-Newborn Units & NICU setting. Cindy continued as an innovator and instructor for 25 years.

In 2002 Trimesters collaborated with the Atlantic College of Massage Therapy (<http://www.actmonline.com>) to create the most comprehensive College-based Perinatal Training available in Canada – a 125 hour program devoted entirely to M.T. during Pregnancy, Birth, Postpartum, and Infants & Children.

Cindy has appeared on tv (Breakfast TV, CTV - Marla Shapiro), written articles (ICEA, M.T. Today, M.T. Canada, Massage Magazine), contributed to a Perinatal M.T. text - Pregnancy & Childbirth: A holistic approach to massage & bodywork. Yates, Suzanne).