Registration Form

PROGRAM REGISTRATION FEES (check applicable category)

Both Days:

- **Early Bird:** postmaked by **April 1, 2001 \$200.00**
- Regular & On-Site Registration: after April 1, 2001 \$225.00
- **Groups:** (3 or more people from same or ganization) \$180.00 Each group's registrations must be received together and be postmarked by April 1, 2001
- O Clinical Preceptors of SUNY Downstate Midwifery Students:
- O Students: \$60.00

One Day:

- O Early bird: postmarked by April 1, 2001 \$110.00
- Regular & on-site registration: after April 1, 2001 \$125.00
- \$100.00 **Groups:** (3 or more people from the same organization) Each group's registrations must be received together and be postmarked by April 1, 2001
- O Clinical Preceptors of SUNY Downstate Midwifery Students \$75.00
- O Students \$30.00

METHOD OF PAYMENT

Check made payable to SUNY Downstate Midwifery Education Program

Print & mail to

SUNY Downstate Medical Center Midwifery Education Program 450 Clarkson Ave., Box 1227 Brooklyn, NY 11203

Name:		
Title:		
Profession:	_License #:	_State:
Mailing Address:		- Apt:
City:	_ State:Zip Code: .	
Institutional Affiliation:		
Phone:	Fax:	
E-mail address:		
Preferred partner for group session: —		
Registration & Cancellation Policy	ictration includes admission to a	Il coccione avhibite

ECHNIQUES



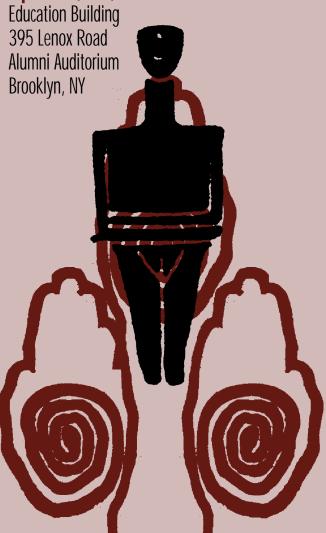
College of Health Related Professions Midwifery Education Program 450 Clarkson Avenue, Box 1227 Brooklyn, NY 11203

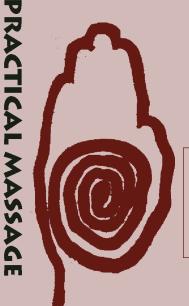
Medical Center

In Your Hands:

Practical Massage Techniques for Clinical Midwifery Practice

April 21, 22, 2001





First Class Presort
U.S. Postage Paid
Paid Brooklyn, NY Permit # 1031

refreshment breaks, breakfast, lunch, and conference materials. Written cancellations postmarked prior to April 1, 2001 will receive a refund less a \$25 processing fee. Any cancellation after April 1, 2001 is non-refundable.

OVERVIEW & OBJECTIVES

In this increasingly technological age, obstetric clients are finding themselves and their babies evaluated by machines. They are measured and assessed by lab values, ultrasound, and electronic monitors. The confidence of women and their care providers can be shaken by uncertain or equivocal results. Yet the discomforts pregnant women live with from day to day and wrestle with in labor are what care providers contend with most during prenatal care, on the telephone, and in the birthing room. Often providers don't have time or simple answers so they may dismiss the problem as "a normal part of pregnancy" or recommend "getting a massage."

Dissatisfied with this approach, many midwives are seeking simple, time-honored, hands-on remedies for common conditions such as round ligament pain, abdominal pruritus, sciatica, and back labor. This workshop will cover numerous Eastern and Western bodywork and massage techniques which can either be performed or taught by the midwife during a prenatal visit or in labor. Indications for referral to a skilled practitioner will be made clear and appropriate styles of bodywork reviewed. Relevant anatomy will be discussed in depth and the energetic and physiological basis for these techniques in current or classic literature addressed. Myths will be put to rest. Supervised practice sessions will enable participants to try each technique in a supportive environment.

At the conclusion of the workshop, participants will be able to:

- Recognize a variety of styles of bodywork that are appropriate during pregnancy.
- Discuss the contraindications for massage therapy and bodywork during pregnancy.
- Describe postural, gait, and pelvic stability issues related to pregnancy and how to alleviate discomfort related to these physiologic changes.
- Teach clients how to properly perform prenatal perineal massage.
- Use massage and exercise techniques to alleviate round ligament pain, abdominal pruritus, and encourage breech version.
- Perform lymphatic drainage of the breast.
- Identify, locate, and apply treatment with acupressure points for labor.
- Ease back pain and encourage rotation of the persistent occipito-posterior fetus during labor.
- Reduce the incidence of labor dystocia.
- Prevent injury by using sound body mechanics.
- Teach exercises for reducing diastasis recti.
- Describe relief measures for pubic symphysis separation.

CONFERENCE PROGRAM April 21, 2001

8:00-9:00am	Registration/Continental Breakfast	
-------------	------------------------------------	--

9:00-9:30am Introductions/Overview of bodywork techniques

appropriate for pregnancy

9:30-10:45am Contraindications/state regulations & legal issues

Quick assessment techniques - relevant posture & gait changes in

pregnancy-anatomy review and demonstration

10:45-11:00am BREAK

11:00-12:00pm Prenatal common concerns/complaints - these will involve

projected images, referral to handout packets, demonstration discussion of tissue types and how to address these differences

a. round ligament discomfort

b. stretch marks and abdominal pruritis

c. pelvic stability issues, lower back pain & sciatica discussion of

structures involved & demonstration

12:00-1:00pm LUNCH BREAK

1:00-2:00pm d. perineal massage instruction

e. breech presentation

2:00-2:15pm **BREAK**

2:15-3:45pm Practice session in groups

3:45-4:00pm Q & A

April 22, 2001

9:00-9:15am Intrapartum relief measures:

discussion of quality of touch for labor/ what to avoid

9:15-10:00am Persistent occipito-posterior position and other types of dystocia

10:00-10:45am General pain relief in active labor-

Eastern and Western techniques

10:45-11:00am BREAK

11:00-12:00pm Shiatsu points and reflexology for labor

12:00-1:00pm LUNCH BREAK

1:00-2:00pm Aromatherapy for labor, herbs, oils and methods of cervical

and perineal massage

2:00-2:15pm **BREAK**

2:15-3:45pm Practice session in groups

3:45-4:45pm Postpartum techniques

postural assessment of the breastfeeding mother a. breast massage/lymphatic drainage b. exercises for diastasis recti

c. relief measures for symphysis pubis separation

4:45-5:00pm **Q&A**

CONFERENCE FACULTY

Richard Condon BA, LMT, CSCS

Massage Therapist, Private Practice Instructor, Bodywork for the Childbearing Cycle

Susanrachel B. Condon CNM, CCE, LMT

Soho Ob/Gyn Medical Practice for Women Perinatal Massage Therapist, Private Practice

Donna Greenfield, MA,LMT

Massage Therapist, Private Practice

Health Educator, Planned Parenthood of Mid-Hudson Valley

Nancey Rosensweig, CNM

SUNY Downstate Medical Center Midwifery Practice

CEUs

1.2 Continuing Education Units (12 contact hours) applied for from The American College of Nurse Midwives

Planning Committee

Aleida Llanes-Oberstein, CNM, MS Continuing Education Coordinator

Suzanne Schechter, CNM, MS Education Director

PLEASE WEAR COMFORTABLE CLOTHING.

For more information please call (718) 270-7754 or (718) 270-7757