

## Registration Form

### PROGRAM REGISTRATION FEES *(check applicable category)*

#### Both Days:

- ☐ **Early Bird:** postmarked by **April 1, 2001** • \$200.00
- ☐ **Regular & On-Site Registration:** after April 1, 2001 • \$225.00
- ☐ **Groups:** (3 or more people from same organization) • \$180.00 Each group's registrations must be received together and be postmarked by April 1, 2001
- ☐ **Clinical Preceptors of SUNY Downstate Midwifery Students:** \$125.00
- ☐ **Students:** \$60.00

#### One Day:

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

Payment must accompany registration. Registration includes admission to all sessions, exhibits, 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.

cut along this line

# IN YOUR HANDS: PRACTICAL MASSAGE TECHNIQUES FOR CLINICAL MIDWIFERY PRACTICE



**SUNY  
DOWNSTATE**  
Medical Center  
College of Health Related Professions  
Midwifery Education Program  
450 Clarkson Avenue, Box 1227  
Brooklyn, NY 11203

# In Your Hands:

## Practical Massage Techniques for Clinical Midwifery Practice

**April 21, 22, 2001**

Education Building  
395 Lenox Road  
Alumni Auditorium  
Brooklyn, NY



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

## 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	<b>Registration/Continental Breakfast</b>
9:00-9:30am	<b>Introductions/Overview of bodywork techniques appropriate for pregnancy</b>
9:30-10:45am	<b>Contraindications/state regulations &amp; legal issues</b> <b>Quick assessment techniques</b> - relevant posture & gait changes in pregnancy-anatomy review and demonstration
10:45-11:00am	<b>BREAK</b>
11:00-12:00pm	<b>Prenatal common concerns/complaints</b> -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	<b>LUNCH BREAK</b>
1:00-2:00pm	d. perineal massage instruction e. breech presentation
2:00-2:15pm	<b>BREAK</b>
2:15-3:45pm	<b>Practice session in groups</b>
3:45-4:00pm	<b>Q &amp; A</b>

**April 22, 2001**

9:00-9:15am	<b>Intrapartum relief measures:</b> discussion of quality of touch for labor/ what to avoid
9:15-10:00am	<b>Persistent occipito-posterior position and other types of dystocia</b>
10:00-10:45am	<b>General pain relief in active labor-</b> Eastern and Western techniques
10:45-11:00am	<b>BREAK</b>
11:00-12:00pm	<b>Shiatsu points and reflexology for labor</b>
12:00-1:00pm	<b>LUNCH BREAK</b>
1:00-2:00pm	<b>Aromatherapy for labor , herbs, oils and methods of cervical and perineal massage</b>
2:00-2:15pm	<b>BREAK</b>
2:15-3:45pm	<b>Practice session in groups</b>
3:45-4:45pm	<b>Postpartum techniques</b> 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	<b>Q&amp;A</b>

## 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