

MASSAGE DURING PREGNANCY
A Home Study Program approved by NCBTMB
State of Florida, Board of Massage

INSTRUCTIONS

Bette L. Waters is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a continuing education provider, and by the State of Florida, Board of Massage, for 12 continuing education credit hours. Readers who wish to participate should note the following guidelines.

1. Read carefully the book *Massage During Pregnancy*, by Bette L. Waters
2. Carefully consider the 24 multiple choice questions and select the answer that best completes each statement and record answers on the Answer Sheet.
3. Complete all the information requested on the Answer Sheet including the course evaluation portion
4. Remit a Check or Money Order made payable to Bette Waters **The fee is \$130. If you prepaid for the Home Study include invoice if test answer sheet is not marked.**
5. Send payment and the completed Answer Sheet or copy of Answer Sheet to:
Bette Waters
P. O. Box 1705
Deming, NM 88030
6. A score of 75% must be achieved on the test in order to receive the CEU credit hours
7. Upon satisfying all of the above requirements, each participant will receive a certificate verifying successful completion of the Home Study program and 12 hours credit.

MASSAGE DURING PREGNANCY
HOME STUDY Test Questions

1. What skin changes take place during pregnancy that may cause your client concern?
 - a. Skin tans more easily
 - b. Linea nigra
 - c. Skin is more dry
 - d. Thinning of hair

2. What changes occur in the cervix during pregnancy?
 - a. Increases in size
 - b. Honey comb appearance
 - c. Sealed with tenacious mucous
 - d. All of the above

3. What unique factor allows the uterus to move from being a pelvic organ to an abdominal organ?
 - a. Increase in fat deposits
 - b. Weight gain
 - c. Suspension by the round and broad ligaments
 - d. Stomach muscles pushing on it

4. A pregnant woman who has taken birth control pills in the past year is at an increased risk for deep vein thrombosis (DVT).

True False

5. Massage of the breasts/nipples is an absolute contraindication because:
 - a. Breasts are tender
 - b. May cause stretch marks on breasts
 - c. Can cause contractions by release of Oxytocin
 - d. Can cause leaking of colostrum

6. Progressive lordosis can cause low back pain; pain and instability of the hips; numbness, pain and weakness in the arms.

True False

7. It is acceptable for the therapist to teach a pregnant woman to do pelvic tilt while in hands and knees position.

True

False

8. Normal swelling in pregnancy is that which accumulates in the woman's feet, legs and hangs as the day progresses and reaches its maximum at the end of the day; after a normal night of rest, most of the swelling is gone.

True

False

9. Cardiovascular changes in the supine position include:

- a. Compression of the inferior vena cava
- b. Increase in femoral blood pressure
- c. Decrease in cardiac output
- d. All of the above

10. Symptoms of deep vein thrombosis (DVT) can include

- a. Abrupt onset of severe leg pain
- b. Redness and heat in the leg
- c. Little reaction in some women
- d. All of the above

11. What skin changes should be of concern during pregnancy?

- a. Red blotchy palms
- b. Darkening of the areola on the breasts
- c. Changes in color or size of a mole (nevi)
- d. Translucent appearance of breast skin

12. Common discomforts experienced by the pregnant woman that can be safely addressed by the therapist:

- a. Edema
- b. Nausea/vomiting
- c. Weight gain
- d. All of the above

15. Contraindications for massage of the pregnant client include:

- a. The presence of a positive Homan's sign
- b. Tender breasts
- c. Nausea and/or vomiting
- d. All of the above

16. During the postpartum period, a client comes for massage and begins to cry and talk about how she is feeling since delivery. The therapist should:

- a. Give her advice
- b. Reschedule the appointment
- c. Allow her to talk and cry
- d. All of the above

17. The Indian Milking Technique (squeezing, twisting and stroking of the limbs away from the heart) as taught in Infant Massage classes is

contraindicated because:

- a. Too difficult for parents to learn
- b. Babies may not like it
- c. Creates a back flow that can may damage delicate valves in the veins
- d. All of the above

18. Poor muscle tone in the Abdominis Recti can contribute to:

- a. Low back pain
- b. Abnormal presentations such as breech in subsequent pregnancies
- c. Poor self esteem and body image
- d. All of the above.

19. The guides for safety of massage technique should include

- a. Knowledge of anatomy and physiology changes that occur as a result of pregnancy
- b. Assessment for contraindications to massage at

each visit

- c. Proper positioning on massage table based on stage of pregnancy
- d. All of the above

20. The therapist need not be concerned about the gallbladder and liver during pregnancy because there is no evidence of distinct changes that take place in either during pregnancy.

True

False

21. Excessive salivation during pregnancy (ptyalism) occasionally occurs in women, especially African-American, Haitians and some Mediterranean women, can be the cause of severe nausea and vomiting in pregnancy.

True

False

22. What table positions are considered safe in pregnancy?

- a. Prone position
- b. Left or right lateral lie
- c. Supine position
- d. All of the above

23. Staying close to a laboring woman, making lots of eye contact, with touch in ways she finds helpful are not important tools for the labor support person (Doula).

True

False

24. Blood volume increases in the pregnant woman serve to:

- a. Meet the demands of the enlarging uterus
- b. Protect mother and fetus against harmful effect of decreased blood return to the heart
- c. Protect against ill effects of blood loss at the time of birth.
- d. All of the above

MASSAGE DURING PREGNANCY
A Home Study Guide Answer Sheet

An NCBTMB approved Home Study Program,
and State of Florida, Board of Massage for 12 hours

Name _____ Date _____

Address _____

_____ State _____ Zip _____ Phone _____

Directions: After studying *Massage During Pregnancy*, write answers to each question in the space provided below .

Post Test Responses

1. _____ 5. _____ 9. _____ 13. _____ 17. _____ 21. _____

2. _____ 6. _____ 10. _____ 14. _____ 18. _____ 22. _____

3. _____ 7. _____ 11. _____ 15. _____ 19. _____ 23. _____

4. _____ 8. _____ 12. _____ 16. _____ 20. _____ 24. _____

Evaluation of Home Study

(Must be filled out)

- | | |
|----------------------------------|--|
| 1. Accuracy of content: | Poor ___ Fair ___ Good ___ Excellent ___ |
| 2. Currency of content: | Poor ___ Fair ___ Good ___ Excellent ___ |
| 3. Relevancy of topics: | Poor ___ Fair ___ Good ___ Excellent ___ |
| 4. Clarity of presentation: | Poor ___ Fair ___ Good ___ Excellent ___ |
| 5. Adequacy of documentation: | Poor ___ Fair ___ Good ___ Excellent ___ |
| 6. Comprehensiveness of subject: | Poor ___ Fair ___ Good ___ Excellent ___ |
| 7. Usefulness to your practice: | Poor ___ Fair ___ Good ___ Excellent ___ |
| 8. Quality of test questions: | Poor ___ Fair ___ Good ___ Excellent ___ |
| 9. Overall rating of program: | Poor ___ Fair ___ Good ___ Excellent ___ |

Include Check or Money Order in the amount of \$130.