



TECHNIQUE NAME CHANGES FROM THE SECOND EDITION TO THE THIRD

an online resource
created to accompany

Pre- and Perinatal Massage Therapy:

*A Comprehensive Guide to Prenatal, Labor
and Postpartum Practice
(Third Edition)*

Carole Osborne

Michele Kolakowski

David M Lobenstine

(Handspring Publishing Ltd. 2021)

this resource links to:

Chapter 4, page 118





TECHNIQUE NAME CHANGES FROM THE SECOND EDITION TO THE THIRD: A Nomenclature Guide

It's been a minute, actually more like almost 10 years, between the second and third editions of this book. In that interim, learning and growing never stopped for us authors/instructors. That evolution resulted in the many changes and refinements in this expanded, updated newest edition. A major upgrade, of significance primarily to our prior students and readers, is we improved the naming of our techniques.

Here's an example: With an intention to standardize and simplify, we implemented a protocol listing the body part first (Sacroiliac Joint) followed by the modality of work (Decompressions) and then any(V)ariants of the technique (—Approximation), resulting in the technique name of Sacroiliac Joint Decompressions --- Approximation.

To help those transitioning from earlier editions, and frankly to aid ourselves in that process too, we created a complete listing of the technique manual techniques (including figure number) paired with their "old" second edition names. Use that list below to help you navigate this change.



Alphabetical Listing by Chapters

Third Edition Name, including Figure

Second Edition Name

(V)=VIDEO online available with book QR code

CHAPTER 4

Abdominal massage 4.18 (V)	Abdominal massage
Anterior Hip Deep Tissue Sculpting 4.43	in Hip Decompression options
Arm Swedish Massage 4.48	in Arm techniques
Autonomic Sedation Sequence 3-1-1 4. 8, 4.9, 4.10 (V)	Autonomic Sedation 3-1-1
Breathing Enhancement 4.11 (V)	Breathing education
Cervical Transverse Rocking 4.12	in Rhythmic Passive Movements
Foot Reflexive Zone Therapy 4.13	Zone Therapy to Feet
Hip Joint Infinity Mobilization 4.44 and 4.45 (V)	Figure 8 Hip Mobilization
Hip Joint Decompression 4.46 (V)	in Hip Decompression
Hip Joint Internal Rotation and Rocking 4.47	in Hip Decompression
Laminar Groove Inching 4.19 (V)	Inching Intrinsic Paravertebrals
Lateral Pelvis Deep Tissue Sculpting 4.20 (V)	DT Sculpting Lateral Hip & Ext. TPs
Leg Swedish Massage (V)	Swedish & Lymphatic Legs
Lumbar Lengthening 4.21	Lumbar Lengthening
Lumbosacral Joint Decompression(Passive Pelvic Tilt) 4.22	LS Stretch (Passive Pelvic Tilt)
Occiput Traction and Rocking 4.14 (V)	in Rhythmic Passive Movements
Paravertebral Deep Tissue Sculpting 4.23 (V)	Deep Tissue Sc./TPs Paravertebral
Pectoral Girdle Mobilizations 4.24 and 4.25 (V)x2	in Rhythmic Passive Movements
Pectoral Girdle Deep Tissue Sculpting 4.26 - 4.30	DT Sculpting subsections
Pectoral Girdle Cross-fiber Friction 4.31	Pectoral Girdle Cross Fiber Friction
Pelvic Alignment Education 4.32	Pelvic Tilt Reeducation
Pelvic Girdle Decompressions 4.33	in Rhythmic PM lat/vert Vectors
Ribcage Deep Tissue Sculpting 4.34	Ribcage Releases



Ribcage Trigger Points 4.35	Ribcage Releases
Sacroiliac Joint Decompressions—Approximation 4.36	SI Jt Releases Approx & Distraction (same as above)
Sacroiliac Joint Decompressions—Traction 4.37	SI Jt Releases lateral Vector
Sacroiliac Joint Rhythmic Deep Tissue—Knee Vector 4.38	SI Jt Releases Vertical Vector in Rhythmic Passive Movements
Sacroiliac Joint Rhythmic Deep Tissue—Foot Vector 4.39	Structural Balancing
Spinal Rocking 4.40 (V)	Symphysis Pubis Rebalancing
Structural Balance Education 4.15, 4.16, 4.17 (V)	in arm techniques
Symphysis Pubis Rebalancing 4.41 & 4.42	in arm techniques
Wrist and Flexors Deep Tissue Sculpting 4.49	in arm techniques
Wrist Passive Movements 4.50	in arm techniques
Wrist Retinaculum Cross-fiber Friction 4.51	in arm techniques
Wrist Acupressure	

Another change between editions was to organize the techniques alphabetically. For the more numerous prenatal ones in Chapter 4 list above, you will find them in the book first grouped by body region: *Integrative, Torso, Legs, Arms*, and then alphabetically within those regions.

CHAPTER 5

Abdominal Effleurage	Abdominal Effleurage
Cervix and Pelvic Floor Relaxation (V)	Cervical and Pelvic Floor Relaxation
Contraction Distraction 5.10	Contraction Distraction
Grounding Hold Figure 5.11 (V)	Grounding Hold
Heat and Cold Therapy	Hydrotherapy
Labor Stimulation Points 5.12	Labor Stimulation Points



Localized Massage	Localized Massages
Muscular Tension and Joint Pain Relief (V)	Relief of Muscular Tension and Joint Pain
Sacral Counterpressure 5.13 (V)	Sacral Counterpressure
Support Between Contractions	Circulation Support Between Contractions
Thigh Adductors Passive Relaxation 5.14	Passive Relaxation Thigh Adductors
<u>CHAPTER 6</u>	
Abdominal Kneading 6.9	Abdominal Massage
Vibration 6.10	
Tapotement 6.11	
Trigger Points 6.12 (V)	
Cesarean Scar Massage 6.13 A-D	Cesarean Scar Massage
Foot Reflexive Zone Therapy	Foot Reflexology (Zone Therapy)
Iliopsoas Structural Balancing 6.14	Structural Balancing for Iliopsoas
Spinal Seated Fascia Stretching 6.15 A & B	Seated Fascia Stretching
Uterine Fundal Massage 6.16 (V)	Abdominal Massage



Uterine Positioning 6.17

Abdominal Massage

Moved from Techniques to within chapter

Upper Back, Neck & Arm Techniques