



# Think it Through

## Chapter 3

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 3, page 96**





## Think it Through

### Chapter 3

Below you'll find a list of questions that will test what you have absorbed from this chapter. Below each question are the possible answers (as you'll see, nearly all of these questions have multiple answers). All of the answers are things discussed within this chapter. Read each question and try to answer, in as much detail as you can, before you look further. Once you have written down your answers or said them out loud, you should compare your answer to the potential answers given below.

1. List five primary ways to establish a beneficial environment for prenatal and perinatal massage therapy.
  - Easy parking and access to the building
  - Spacious room with unobstructed space for walking
  - Proper equipment for positioning and draping
  - No distracting noises or odors
  - Sturdy furniture (adaptable for maternity needs)
  - A convenient restroom
2. List five features of a desirable prenatal massage table.
  - Height adjustable
  - About 30 inches wide (27 inches wide at minimum)
  - At least three inches of dense foam padding
  - A covering that can be sanitized and is odor free



- An adjustable tilt feature
3. List five pieces of equipment, besides a table, that are essential for a maternity massage therapy practice.
- A sturdy, wide step stool
  - A small wedge pillow for abdominal support
  - The Side Lying Positioning System or bodyCushion or 6-8 pillows of a variety of sizes and density
  - Twin-sized sheets, including fitted bottom sheets
  - Breast drapes (king-sized pillowcases are preferable)
  - Enough pillowcases to allow for laundering after each use
  - Unscented lubricant
  - Prenatal reference materials, such as books, charts or models
4. What is the degree of angle and the section of the body that must be elevated in the semireclined position to ensure that the vena cava is not compressed?
- While in the semireclined position, a client's entire torso (from hip to head) must remain elevated between 45 to 75 degrees.
5. List the most efficient sequence of pillow and support placement for sidelying positioning.
- First, set up the head, abdominal wedge and the initial leg support before the client gets on the table. Placement should suggest that she be off center with her entire upper and lower back along the edge of the table. Talk her through how to position herself (and



- show her if necessary). Place a stool for her use near the table.
- Once she is settled into this position and you have returned, check in at the key areas
    - Check to see if her back is aligned along the table's edge.
    - Check to see if the wedge is supporting her abdomen completely, and make adjustments as needed.
    - Check her leg placement. Her table-side leg should be back and slightly flexed, and her ceiling-side hip and knee should be flexed so that the lower leg rests horizontally on the support. Place additional supports beneath that leg as needed, to align the hip, knee and ankle, as well as foot on the same horizontal plane.
  - Finally, check her cervical spine and adjust the head support as needed. Her lumbar spine should also be supported with a small wedge or rolled towel if needed between her ribcage and iliac crest to align her lumbar and thoracic spine.
  - End with a support pillow over the drape and under her top arm.
6. What is the recommended size for a covering sheet and for breast drapes?
- Use a twin-sized sheet for draping and a king-sized pillowcase for proper breast draping.
7. When a client lies down or gets up from your table, how should she do this to best protect her abdominal muscles from strain at the linea alba?
- A client should push up from her side to best protect her abdominal muscles.



8. What piece of equipment will make ascending and descending from your table safer?
  - A lift table, which can be lowered so that she can sit easily on the table, rather than having to climb up onto it. Or, a sturdy stepstool that will allow her to get onto the higher table more easily.
  
9. In the modified tee stance, what parts of your body are weight bearing when you are doing a technique?
  - When in a modified tee stance, your weight should be in your back leg, and your front leg should be “empty.” Then you perform the stroke by shifting your body weight directly from your back leg into your point of contact, and then into the client.
  
10. What is the general principle for aligning your torso for the most direct line of weight shift?
  - If you align your torso in the direction of your work, you will be better set up to apply your own body weight as needed.