



What Would You Do?

Chapter 8

an online resource
created to accompany

Pre- and Perinatal Massage Therapy:

*A Comprehensive Guide to Prenatal, Labor
and Postpartum Practice*
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Chapter 8, pages 275 & 284





What Would You Do?

Chapter 8

[from page 275]

You are accustomed to taking a thorough health and pre-and perinatal history on your private practice clients. At your part-time spa job, scheduling and company policies do not easily allow for this type of client intake before your massage session begins. How can you secure the information that you need to design safe and effective sessions for these clients? What strategies might you try to make changes at your spa toward more information gathering?

Below is one possible response: This chapter's questions are very individualized for each therapist. The responses below are from a therapist with 10 years of experience in perinatal massage therapy who is also a birth doula.

The number one obstacle in my practice is ME. The others listed have pretty much been experienced, but I have resolved them, for now: sliding scale/10% discount on packaging, variety of hours of operation to accommodate clients, confidence in educating, but I appreciate the reminder to keep my initial information brief and specific to needs. I am fairly current with trends, but I could use a good conversation with other professionals.

So about how I create the obstacles: These specific questions are challenging me to look at my burn out in the birth community when I was attending too many births. I have distrust of care providers and other hospital staff. I've seen so much abuse on their part. I know of a



counseling professional who I can consult with about these issues to help me stay clear on what I have an impact on in terms of my treatment of a client.

My first three steps to take to counteract those problems:

Separating prenatal and postpartum massage from labor and delivery responsibilities in my mind is a start.

I do have specific skills to market without having to commit to the responsibility of labor massage.

Setting some marketing goals and following through is a start too.

I recently completed a web site that I may brush up even further after reading this chapter.

[from page 284]

You are accustomed to taking a thorough health and prenatal history on your private practice prenatal clients. At your part-time spa job, scheduling and company policies don't easily allow for this type of client intake before your massage session begins. How can you secure the information that you need to design safe and effective sessions for your spa clients? What strategies might you try to make changes at your spa toward more relevant information gathering?

Below is one possible response from this same therapist:

I face this issue in a busy day spa where I work part time. The receptionist is supposed to have the client come early for paperwork, but that doesn't always happen. I am not happy with our intake forms, and I suppose I could write one that I wish to use to be more thorough. I certainly ask several questions in addition to what is on the spa intake form especially:

- What do you hope to get from the session?



- What week of the pregnancy are you in?
- How is the pregnancy progressing? Complications? Other health risks?

Solutions:

I am realizing that, if possible, I could contact the client prior to the session to "check in" and see if she has any questions and ask my questions so there are no surprises when she arrives.

I also plan to do some in-service education to the other staff working with the pre- and perinatal population, including the staff doing pedicures or facials, in terms of safety guidelines and positioning issues I've learned from this book.