

INTEGRATIVE
SOMATIC HEALING
INSTITUTE

Course Outline - Integrative Pelvic Care (IPC) for Pregnancy

Course Name: Integrative Pelvic Care (IPC) for Pregnancy

Instructor Name: Sujata Martin, OTD, OTR/L, CD

FL license number: OT22550

Delivery Format: Live in-person, and Live-streamed online

Course Type: Interactive

Course Education Level: Intermediate & Advanced

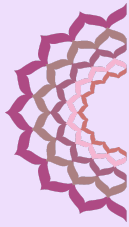
Intended Audience: Pelvic Health Physical Therapists and Pelvic Health Occupational Therapists

Learning Assessment : Attached with Application documents

Learning Objectives

Upon completion of this course, attendees will be able to:

1. Identify and describe the five components of the Integrative Pelvic Care (IPC) for Pregnancy biopsychosocial framework as they relate to physical and emotional health in the perinatal period.
2. Utilize the IPC for Pregnancy biopsychosocial framework to develop an individualized treatment plan to address birth preparation and pregnancy treatment that supports a model client's values, roles, and routines.
3. Instruct clients in therapeutic physical exercises and cognitive-behavioral strategies aimed at enhancing self-efficacy and functional participation during pregnancy, labor, and delivery.
4. Demonstrate external and internal pelvic floor release techniques to address prenatal postural complaints and support occupational performance related to pregnancy & birth, within the Physical Therapy and Occupational Therapy scopes of practice.
5. Facilitate a simulated vaginal delivery role play to support pelvic muscle integrity and psychosocial readiness for the occupation or performance-based task of childbirth.



Course Outline

Day 1: Introduction to the Biopsychosocial Birth Preparation Framework - 7.5 hours

Registration & breakfast - (7:45 - 8:30 am)

● **Lectures 1: (8:30 am - 10 am)**

- 1.1 Introduction to a Biopsychosocial Framework for Birth Preparation (27:51)
- 1.2 Birthing Basics & Pelvic Anatomy Essentials
- 1.3 Introduction to Yoga-based Energetics (15 :00)
- 1.4 Using Yoga-based Energetics to improve Interoception and Pelvic Muscle Coordination (15:00)

- Lab 1 : (10 - 10:30 am) - Physical Exercise Training

1. *Lower Rib Breathing and Deep Core Activation* (14:37)
2. *Pelvic Floor Engagement Cues for Every Body* (6:45)
3. *Pelvic Floor & Core Strengthening – "The Strengthening Breath"* (8:00)
4. Using Yoga-based Energetics to improve Interoception and Pelvic Muscle Coordination

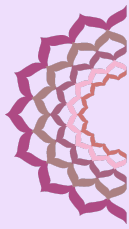
● **Lectures (10:30 - 12:00 pm)**

1. *Physical Preparation for Childbirth*

Lunch Break - 12:00 am - 1:00 pm

● **Lab 2: (1 pm - 1:45 pm) - Pelvic Essentials & Birthing Positions**

1. *Pelvic Essentials 1 – Belly Circles*
2. *Pelvic Essentials 2 – Pelvic Rock Backs*
3. *Pelvic Essentials 3 – Child's Pose w/ side bend*
4. *Pelvic Essentials 4 – Pelvic Tilts*



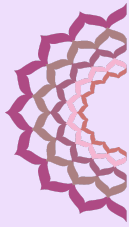
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5. Pelvic Essentials (optional) - *Butterfly Groin Stretch*
 6. *Birth Positions: Part 1*
 7. *Tying it All Together – Practice Pushing - "The Birthing Breath"*
- **Lab 3 :** (1:45 pm - 3:45 pm) - External & Internal Pelvic Manual Therapy - ***Internal Pelvic Treatment***
 - Introduction to Integrative Myofascial Release - 45 mins
 - Uterosacral/ Pelvic outlet Release – External Techniques - 20 mins
 - Sacrospinous Ligament Release – Internal Techniques (Vaginal & Rectal) - 20 mins
 - Perineal Massage - 10 mins
 - Practice Pushing with perineal stretch - 10 mins
 - Lab Q & A - 15 mins
 - **Lectures:** (3:45 - 5 pm)
 - *Cognitive & Emotional Preparation for Childbirth* (30 mins)
 - Q&A - 15 mins

*****Day 1 End*****

Day 2: Integrative MFR for Pregnancy & Fetal Positioning (7.5 hours)

- **Lab 4 :** (8 am - 9 am) - Postural Interventions for Pregnancy- (with lab partners)
 - Review of Day 1 Pelvic manual therapy labs - 30 mins
 - Postural assessment of the pregnant body -
 - Martin Method of Myofascial Release (M3FR /Integrative MFR) of the thorax
 - Martin Method of Myofascial Release (M3FR /Integrative MFR) of the lumbar spine in pregnancy
- **Lectures:** (9 am - 9:45 am)
 - Factors influencing Fetal Positioning
 - The role of the pelvic health therapist in optimizing maternal comfort & fetal positioning in pregnancy
 - Introduction to the Rebozo (Mexican Midwife's Scarf) and its Application to Pelvic Alignment



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- **Lab 5 : (9:45 - 10:45 am) - M3FR / Integrative Manual Therapy for Lumbar Spine & Pelvic Mobility in Pregnancy (with lab partners)**

Rebozo-based mobilization of the pelvis

Integrative Manual therapy of the lumbar spine & pelvis

- **Lecture & Lab 6 (10:45 - 11:30) - with lab partners**

Integrative Pelvic Care (IPC) Protocol for Fetal Positioning

Lab - IPC Protocol for Fetal Positioning

Lunch: (11:30 am - 12:30 pm)

Lab 7 : (12:30 - 2:30) - With Pregnant Model

Postural Assessment & integrative manual therapy for thorax, lumbar spine, external pelvis

Rebozo-based mobilization of the pelvis

IPC Protocol for Fetal Positioning

Case Study Group Activity Lab : (2:30 - 3:30) - With Pregnant Model

- Assess & create treatment plan based on Integrative Pelvic Care for Pregnancy
biopsychosocial

birth preparation framework (30 mins)

- Present case study as a group (30 mins)

Lecture : (3:30 - 4:30 pm)

Conclusion to IPC for Pregnancy (30 mins)

Q&A (30 mins)

*****Day 2 End*****