

# Massage for Pregnancy and Labor Home Study Course

14 CE Hours  
Online Study Guide

Presented by the:  
*Center for Massage Therapy Continuing Education*

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It is the responsibility of the practitioner to determine the appropriateness of the principles presented in terms within the scope of practice. This information is in no way meant to diagnose or treat medical conditions. Always have your client consult a physician for diagnosis before treating any medical condition. Written medical opinions are always the best way to resolve any questions regarding contraindications to massage therapy.

## **Instructions for the Massage for Pregnancy and Labor Home Study Course**

Thank you for investing in the Massage for Pregnancy and Labor home study course, a 14 CE hour course designed to further your knowledge in the principles and practices of using massage therapy to support a pregnant woman throughout pregnancy, delivery, and the postpartum period. The following will give instructions on what you will need to do to complete this course. This is a 14 CE hour course, so that means it should take you approximately 14 hours to read the textbook, access the online resources, and complete the exam and course evaluation.

### **The following are steps to follow in completing this course:**

- 1. Read the instructions and review the text and exam.**
- 2. Access the online examination in your account. To do that, go to [www.massagetherapyceu.com](http://www.massagetherapyceu.com). Click on the student login link on the top left and enter your information. Once logged in you will see you course in your member area.**
- 3. Access the online resources/video clips (on the publisher's website) by going to <https://www2.jblearning.com/my-account/redeem-access-code> and entering the access code. If you had the textbook mailed to you, the access code is located inside the front cover of the textbook. If you chose to download your textbook, your online access code will be emailed to you.**
- 4. Complete your examination and print your certificate. The exam is open book and there is no time limit for completion.**

You must pass the exam with a 70% or better to pass this home study course. You are allowed to access and take the exam up to 3 times if needed. There is no time limit when taking the exam and you can save your answers and return at a later date if needed. Feel free to review your textbook while taking the test. This course uses the textbook *Nurturing Massage for Pregnancy*, by Leslie Stager. There are no trick questions on the exam. All of the answers are clearly found in the text. It is advised to answer the exam questions in this study guide before testing online.

Good luck as you complete this course. If you have any questions please feel free to contact us at 866-784-5940, 712-490-8245 or [info@massagetherapyceu.com](mailto:info@massagetherapyceu.com). Most state boards require that you keep your "proof of completion" certificates for at least four years in case of audit. Thank you for taking our Massage for Pregnancy and Labor home study course.

# Massage for Pregnancy and Labor Exam

## Chapter 1

1. When working with pregnant, laboring, and postpartum women, massage therapists practice:
  - a. Specific positioning to guarantee the safety of both the mother and baby
  - b. Specific local techniques to guarantee the safety of both the mother and baby
  - c. Different assessment methods to guarantee the safety of both the mother and baby
  - d. Different diagnosis methods to guarantee the safety of both the mother and baby
2. All of the following are benefits of massage during pregnancy EXCEPT:
  - a. Improved physiological function
  - b. Improved emotional wellbeing
  - c. Improved relaxation skills and self-connection
  - d. Decreased energy
3. Which of the following is a way massage therapists can help ease a client's issues with touch during pregnancy?
  - a. Instill a fear of miscarriage with massage during pregnancy
  - b. Acquire the appropriate skills and knowledge to address pregnant clients
  - c. Offer support and safety beyond your scope of practice to pregnant clients
  - d. Encourage newly pregnant women to Internet search the dangers of massage during pregnancy

## Chapter 2

4. Which of the following occurs when the zygote splits into two?
  - a. Fraternal twins
  - b. Identical twins
  - c. A miscarriage
  - d. Triplets
5. The second trimester of pregnancy last from weeks:
  - a. 1-10
  - b. 5-20
  - c. 14-27
  - d. 28-40
6. All of the following are bodywork considerations for the second trimester of fetal development and maternal experience EXCEPT:
  - a. Practice varicose vein and thrombosis precautions
  - b. Treat contraindicated acupressure points
  - c. Begin sidelying positioning
  - d. Encourage postural awareness

7. Which of the following is a bodywork consideration for progesterone effects?
  - a. Use a flat lying position for women with heartburn
  - b. Use a prone position to encourage nasal congestion
  - c. Beware of low backache that could be related to urinary tract infection
  - d. Keep office warmer than normal if client is cold due to progesterone-related vasodilation
  
8. The total blood volume increases by \_\_\_\_\_ during pregnancy.
  - a. 30-40%
  - b. 40-50%
  - c. 50-60%
  - d. 60-70%
  
9. It is recommended that pregnant women drink at least:
  - a. 1 quart of water per day
  - b. 2 quarts of water per day
  - c. 3 quarts of water per day
  - d. 4 quarts of water per day

### **Chapter 3**

10. The muscles most affected by weight gain include those that support the weight of the abdomen anteriorly, posteriorly, laterally, and from below. These muscles include:
  - a. Iliopsoas
  - b. Spinal erectors
  - c. Pelvic floor group
  - d. All of the above
  
11. Which of the following is a consequence of posture causing structural strain in pregnancy?
  - a. Lumbar lordosis: pelvis tilting forward/low back pain
  - b. Tailbone extended toward ground
  - c. Pelvis lifted up and back
  - d. Head lifts out of shoulders
  
12. All of the following are part of the six primary ligaments of the uterus EXCEPT:
  - a. Two round ligaments
  - b. Two uterosacral ligaments
  - c. Two curved ligaments
  - d. Two broad ligaments
  
13. Which of the following is an exercise a pregnant woman can do to help strengthen the pelvic floor muscles?
  - a. Lifting weights
  - b. Kegel exercises
  - c. Walking
  - d. Crunches

14. All of the following are bodywork considerations for diastasis recti EXCEPT:
- Diagnose diastasis recti by having your client try and do a sit up or crunch and assessing the degree of separation in the abdominal muscles
  - Offer proper support for the pregnant belly in the second and third trimesters when positioning the client sidelying
  - Teach the client proper body mechanics for rising from lying to sitting
  - Suggest the use of an abdominal support binder late in pregnancy for women with especially large abdomens
15. The \_\_\_\_\_ should not be massaged with direct hand or finger pressure at any time during pregnancy.
- Rectus abdominus
  - Psoas
  - Quadratus lumborum
  - Erector spinalis

#### Chapter 4

16. Which of the following lists the three most significant real concerns for a pregnancy massage therapist?
- Blood pressure, diastasis recti, and edema
  - Postural imbalances, blood clots, and high-risk pregnancies
  - Leg cramps, blood clots, and edema
  - Proper positioning, blood clots, and high-risk pregnancies
17. All of the following client symptoms require referral to the primary care provider EXCEPT:
- Unidentified leg pain
  - Increasing malaise, dizziness, visual changes, right-sided upper abdominal pain
  - Braxton hicks contractions
  - Unexplained vaginal bleeding
18. Which of the following questions should be asked by the therapist when beginning to treat a pregnant client?
- How many weeks pregnant is she, which trimester is she in, or when is her due date?
  - How is she feeling about this pregnancy?
  - Is she doing any exercise during her pregnancy?
  - All of the above
19. A \_\_\_\_\_ is a form signed by your client's prenatal care provider which indicates approval, from an obstetrical viewpoint, for massage at this point during her pregnancy, and which can indicate restrictions or concerns applicable to massage.
- Health intake
  - Medical release
  - Practitioner assessment
  - Privacy practice

20. Which of the following acupressure points is contraindicated until the last 2 weeks of pregnancy?
- Large Intestine 4 and Spleen 6
  - Bladder 60 and Liver 3
  - Gall Bladder 21 and Bladder 31
  - All of the above
21. There is no evidence that gentle stroking to the \_\_\_\_\_ is dangerous, and initiating effective uterine contractions during pregnancy is not that simple.
- Low back
  - Shoulders
  - Legs
  - Ankles
22. Which of the following can be compressed by supine positioning after about 22 weeks gestation?
- Aorta and superior vena cava
  - Sciatic nerve and inferior vena cava
  - Aorta and inferior vena cava
  - Umbilical cord and sciatic nerve
23. During pregnancy, the risk of developing a clot increases by \_\_\_\_\_, as compared to nonpregnant women.
- One or two times
  - Three or four times
  - Five or six times
  - Seven or eight times
24. All of the following are considered high risk conditions during pregnancy EXCEPT:
- Uterine and placental abnormalities
  - Absence of gestational hypertension
  - Preeclampsia or HELLP syndrome
  - Preterm labor
25. Which of the following is recommended before working on or treating a client restricted to bed rest?
- Obtain a medical release
  - Obtain the client's consent
  - Avoid type II bodywork
  - Ask the client where she would like to be worked on

## Chapter 5

26. Which of the following is an office consideration for working on pregnant clients that may differ from treating regular clients?
- Provide a safe environment
  - Use proper body mechanics
  - Hydration
  - Baby activity
27. Which of the following positions can be used in the third trimester?
- Prone
  - Supine
  - Sidelying
  - All of the above
28. To work effectively with good body mechanics from behind sidelying clients, as opposed to over them, as with supine or prone positioning, the therapist must:
- Raise the massage table higher than normal
  - Decrease the height of the massage table lower than normal
  - Use a stool to work in the seated position
  - Tilt the massage table so that it is higher on one end
29. Which of the following can you do if you feel that your client's shoulder may be compressed on the table?
- Provide extra table padding and ensure that her superior shoulder is pulled slightly forward out from under her
  - Provide extra table padding and ensure that her inferior shoulder is pulled slightly forward out from under her
  - Provide extra table padding and ensure that her inferior shoulder is pulled slightly backward out from under her
  - Provide extra table padding and ensure that her superior shoulder is pulled slightly backward out from under her
30. Which of the following is an effective technique to use with your pregnant client for full-body relaxation?
- Foramina compression and unwinding
  - Foramina loosening and rewinding
  - Sacral compression and unwinding
  - Sacral compression and rewinding
31. Which of the following techniques is used on the shoulders and chest?
- Effleurage, trigger point therapy, and traction
  - Slide-compression, petrissage, and palming
  - Acupressure, palming, and traction
  - Effleurage, petrissage, and traction

32. In the acupressure for back release technique, which of the following meridians are you stimulating?
- Gall Bladder
  - Liver
  - Bladder
  - Stomach
33. Do not do belly rubs for more than \_\_\_\_\_ unless intentionally attempting to support contractions for labor.
- 5 minutes
  - 10 minutes
  - 15 minutes
  - 20 minutes
34. Which of the following is a disadvantage of performing a belly massage in the semi-reclining position?
- It is very relaxing
  - The close physical proximity of the therapist and client may make the client uncomfortable
  - You can only access one side of the body
  - It is easier to massage both the back and belly at once

## Chapter 6

35. All of the following are possible causes of low back pain during pregnancy EXCEPT:
- Posture
  - Hormones
  - Diastasis recti
  - Diarrhea
36. Which of the following is a benefit of the sacral rub?
- Activates and stretches the quadratus lumborum
  - Creates length and space in the compressed waist area
  - Increases circulation and brings warmth to the sacrum and pelvis
  - Releases tight psoas
37. Which of the following can you encourage your client to do if she is complaining of midback to upper back pain?
- Encourage her to practice postural awareness
  - Remind her of the benefits of wearing a properly fitting, supportive bra and abdominal support wrap
  - Encourage wearing low-heeled shoes
  - All of the above

38. All of the following are helpful treatments for edema EXCEPT:
- Lymphatic drainage
  - Mobilization of the pelvis and hips
  - Hot hydrotherapy to the areas of swelling
  - Cool hydrotherapy to the areas of swelling
39. All of the following are tips you can give to your pregnant client for improving circulation and reducing edema EXCEPT:
- Walk at least 5 miles every day
  - Lie in left sidelying position for at least 30 minutes twice a day to improve circulation
  - Rotate the ankles in circles to the left and right
  - Resting on the hands and knees, with forearms to the floor and buttocks up in the air, helps relieve pressure from sitting on the buttocks and decreases pooling of blood in the pelvis
40. Which of the following is a benefit of stretching the hamstrings and lateral hip rotators?
- Helps re-align the sacrum and pelvis and relieve sciatic nerve compression
  - Helps re-align the lumbar vertebrae and relieve median nerve compression
  - Helps re-align the sacrum and pelvis and relieve radial nerve compression
  - Helps re-align the lumbar vertebrae and relieve sciatic nerve compression
41. All of the following are benefits of femur traction and mobility EXCEPT:
- Helps mobilize the hip joint
  - Relieves sciatic nerve compression
  - Flattens the sacrum
  - Can relieve SI joint compression
42. Which of the following are stretches a mother can do to increase her respiratory capacity?
- Arm lower, yoga chest closer, and standing arm raise
  - Arm raise, yoga chest opener, sitting arm lower
  - Arm abduction, yoga chest opener, and standing arm raise
  - Arm raise, yoga chest opener, and standing arm raise

## Chapter 7

43. Massage can help women prepare for birth by:
- Inducing labor and promoting contractions
  - Creating muscular and emotional tension
  - Releasing muscular and emotional tension
  - Delaying labor and uterine contractions
44. Which of the following is a contraindication to “sacral releases”?
- Those with a history or risk of miscarriage or preterm labor
  - Those with no history or risk of miscarriage or preterm labor
  - Those with a normal pregnancy at least 38 weeks along
  - Those with a normal pregnancy at least 39 weeks along

45. All of the following are common acupressure points to support contractions and birth, and to decrease pain EXCEPT:
- Large Intestine 4
  - Gall Bladder 29
  - Spleen 6
  - Bladder 60, 31, 32

### Chapter 8

46. All of the following are benefits of massage during labor EXCEPT:
- Improves physiological functioning and speeds labor
  - Relieves muscular discomfort and improves back pain
  - Depletes energy and decreases anxiety
  - Reduces depression and increases maternal attention toward infant
47. What is a doula?
- A medical professional licensed to offer laboring women physical touch and safe delivery of their baby
  - Hormones that decrease pain and give us sensations of relaxation, ease, relief, ecstasy, and pleasure
  - An acupressure technique used to offer laboring women emotional encouragement and physical touch
  - A caregiver specialized in offering laboring women emotional encouragement and physical touch
48. Massage often cannot offer primary relief for which of the following categories of pain?
- Functional
  - Emotional
  - Dysfunctional
  - All of the above

### Chapter 9

49. A woman may feel a normal contraction in all of the following areas EXCEPT:
- Pressure in her occiput
  - A tightening in her lower belly
  - As pain in her low back, sacrum, or legs
  - Radiating around from her belly to her back
50. Which of the following is included in the second stage of labor?
- Gentle, irregular contractions
  - Contractions which are close together and more intense
  - Pushing
  - Delivery of the placenta

51. All of the following are reminders for supporting birth EXCEPT:
- Take the time to offer to teach the support team touch techniques that are useful during labor
  - Despite the environment the mother desires for her birth, offer her the environment that you feel is the most safe and best for your work
  - When massaging, move the energy all the way to the end of each extremity, working with gravity and the direction of the baby's descent with long, slow, firm, and consistent strokes
  - Remember calm, reassurance, breath, self-renewal, relaxation, intuition
52. Which of the following are two primary precautions for the massage therapist to keep in mind during labor?
- Watch the monitor, not the client and epidurals
  - Watch the monitor, not the client and hormones
  - Watch the client, not the monitor and hormones
  - Watch the client, not the monitor and epidurals
53. Which of the following best defines abdominal breathing?
- Taking short sips of air, gradually allowing the breath to become deeper and fuller
  - Inhale through the nose, allowing the breath to slowly fill the belly and be released in a gentle slow exhalation through an open mouth or pursed lips
  - Inhale fully through the nose and exhale with a puff through the mouth, like a whale or dolphin blowing as it comes to the ocean's surface to clear its blowhole
  - A yogic breath that, when done for at least 3 minutes, can strengthen the nervous system and energy movement through the spine, while also expanding consciousness
54. All of the following are hydrotherapy tools for labor EXCEPT:
- Rub ice on acupressure point Large Intestine 14 to relieve pain
  - Apply friction massage using cold moist washcloths wrapped around your hands
  - Apply warm, moist compresses to the low back, across the belly, in the groin, just above the pubic bone, or on the perineum
  - In early labor, if she is comfortable in a sitting position, she can immerse her feet in cool or warm water followed by foot massage
55. Which of the following massage strokes are nearly always effective for a woman at any stage of labor?
- Long strokes, petrissage, and work on the hands and feet
  - Long strokes, deep compression, and trigger point therapy
  - Short strokes, petrissage, and work on the belly
  - Short strokes, deep compression, and myofascial release

56. Which of the following is a characteristic of active labor?
- Gentle, irregular contractions
  - Contractions 15 to 20 minutes apart, increasing gradually to 5 to 10 minutes apart; lasting 40 to 60 seconds
  - Dilation of 0 to 4 cm
  - Dilation of 4 to 7 cm
57. Straddling a chair affords access for massage to the:
- Back
  - Head and jaw
  - Shoulders and hips
  - All of the above
58. All of the following are general supportive measures you can provide for the transition period EXCEPT:
- Support her in maintaining focused breathing and relaxation
  - Support her in position changes as needed
  - Help her to remember to drink plenty of fluids
  - Encourage her and reassure her that this is the shortest stage and the beginning of the end
59. All of the following are appropriate massage techniques for pushing EXCEPT:
- Reflexology
  - Myofascial release
  - Acupressure
  - Jaw release

## Chapter 10

60. If you are with a client who is experiencing exhaustion during labor, what can you do?
- Perform relaxing full-body massage with slow soothing strokes to her nap in between contractions and renew her energy
  - Perform “grounding the feet” techniques
  - Practice abdominal breathing to focus her to a calmer place inside
  - Use deep and continuous pressure and vibration to the hands and feet to close the gateways to the central nervous system through which pain is transmitted
61. Babies are positioned posteriorly in early labor in up to \_\_\_\_\_ of all labors.
- 10%
  - 15%
  - 25%
  - 50%

62. How can heat therapy relieve back pain during labor?
- It can “freeze away” the pain, suppressing touch receptors that can override the pain messages
  - It can “freeze away” the pain, stimulating touch receptors that can enhance the pain messages
  - It can “wash away” the pain, stimulating touch receptors that can enhance the pain messages
  - It can “wash away” the pain, stimulating touch receptors that can override the pain messages
63. Which of the following positions is the “hip pull” technique performed in?
- Seated
  - Hands and knees
  - Supine
  - Straddled over a chair

## **Chapter 11**

64. How many weeks does western medicine consider the postpartum period to be?
- 4 weeks
  - 5 weeks
  - 6 weeks
  - 7 weeks
65. How can postpartum bodywork hasten recovery?
- Decreases formation of adhesions
  - Can be a source of emotional and physical support during a possibly stressful time
  - Can encourage bowel evacuation, decreasing constipation
  - Nurturing touch to the mother leads her to touch her infant with more awareness and confidence
66. If a woman has experienced a postpartum hemorrhage, which of the following should be avoided?
- Light, circulatory-stimulating full-body massage in the first 3 to 4 days postpartum
  - Light, circulatory-stimulating full-body massage in the first 3 to 4 weeks postpartum
  - Deep, circulatory-stimulating full-body massage in the first 3 to 4 weeks postpartum
  - Deep, circulatory-stimulating full-body massage in the first 3 to 4 days postpartum

## Chapter 12

67. Which of the following techniques are appropriate for the immediate postpartum period?
- Upper back release and sacroiliac and pelvic rebalancing
  - Low back release and sacroiliac and pelvic rebalancing
  - Upper back release and scapular and pelvic rebalancing
  - Low back release and scapular and pelvic rebalancing
68. Which of the following is an exercise you can teach a new mother to perform on her own to help rebalance, strengthen, and stabilize the joints, abdominals, and psoas?
- Low back release
  - Leg sliding
  - Supine pelvic unwinding
  - All of the above
69. All of the following are specific techniques that may be used to support and nourish the uterus and abdomen in the postpartum period EXCEPT:
- Energizing the abdomen
  - Abdominal stretching and tension release
  - Abdominal myofascial release
  - Womb massage
70. Which of the following is a benefit of neck traction?
- Releases the shoulders and mid back
  - Relieves some discomfort associated with medial shoulder rotation
  - Helps unwind and relieve compression of the vertebrae and muscles
  - Helps promote compression of the neck and shoulders
71. Psoas work should not be done until at least \_\_\_\_\_ weeks postpartum; however, gentle work can be done on the iliacus just inside the ilium, avoiding deep compression in the abdomen near the aorta and major blood vessels, as well as close to the femoral triangle.
- 2 weeks
  - 4 weeks
  - 6 weeks
  - 8 weeks
72. Which of the following techniques is recommended for providing a stimulating massage for fatigue to increase blood and energy flow?
- Tapotement
  - Slow strokes
  - Palming
  - Holding

73. All of the following are symptoms of postpartum “blues” EXCEPT:
- Fatigue
  - Irritability
  - Frequent crying
  - Mastitis
74. Before performing breast massage, a warm compress is applied for \_\_\_\_\_ to the breasts.
- 5 minutes
  - 10 minutes
  - 15 minutes
  - 20 minutes
75. What should you do if infection or fever is present along with engorgement and breast tenderness?
- Perform the massage as normal
  - Do not massage
  - Have the client perform self-massage
  - All of the above

### Chapter 13

76. Which of the following is a benefit of massage after cesarean section?
- Reducing formation of scar tissue and adhesions
  - Relieving backaches sometimes related to epidural anesthesia or positioning after surgery
  - Decreasing postoperative nausea, vomiting, anxiety, and pain
  - All of the above
77. All of the following are additional intake questions that may need to be asked for postsurgical postpartum clients EXCEPT:
- Was the cesarean section an emergency surgery or planned?
  - Did she labor or push for hours before surgery occurred?
  - Did she have proper labor support?
  - Is she having pain related to the surgery?
78. Generally it will be \_\_\_\_\_ after surgery before you may apply deeper, direct pressure to the scar.
- 2 to 4 weeks
  - 4 to 6 weeks
  - 6 to 8 weeks
  - 8 to 10 weeks

This completes the Massage for Pregnancy and Labor exam.