

# Pregnancy Massage Home Study Course

16 CE Credit 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. This course is not meant to teach advanced hands-on techniques. Written medical opinions are always the best way to resolve any questions or concerns regarding pregnant clients and/or contraindications to massage during pregnancy, labor or the postpartum period.

**PLEASE CAREFULLY READ THE DIRECTIONS ON PAGE 2**

## **Instructions for the Pregnancy Massage Course**

Thank you for investing in the Pregnancy Massage home study course, a 16 CE credit hour course designed to further your knowledge in the theory and practice of massage during pregnancy, labor and the postpartum period. This guide will contain all of the instructions you will need to complete this course. This is a 16 CE hour course, so that means it should take you approximately 16 hours to read through the text, watch the instructional DVD and complete the exam.

In this course you will be presented with:

- Prenatal massage guidelines for each trimester of pregnancy
- Physiology of pregnancy
- Body positioning for performing massage on a pregnant woman
- Benefits and contra-indications of prenatal massage
- Massage for common discomforts of pregnancy
- An introduction to a prenatal massage routine (please keep in mind that if you would like to advertise and practice prenatal, labor and postpartum massage, you should seek advanced hands-on training. This course is an introductory course and is not meant to teach advanced techniques.)

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

- 1. Read the instructions and review the textbook, DVD and exam. Your textbook and DVD will be mailed to you.**
- 2. Access the online examination in your account at [www.massagetherapyceu.com](http://www.massagetherapyceu.com).**
- 3. 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 an 80% or better to pass this home study course. Feel free to review the textbook and DVD while taking the test. This course uses the textbook “Prenatal Massage”, by Elaine Stillerman. There are no trick questions on the exam. All of the answers can be found in the textbook. Good luck as you complete this course. If you have any question please feel free to contact us at 866-784-5940, 712-490-8245 or by email at [info@massagetherapyceu.com](mailto:info@massagetherapyceu.com).

**It is advised to answer the exam questions in the study guide before testing online. That way, when you are testing you do not have go back and forth through the online exam and risk losing your answered questions!**

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 Pregnancy Massage home study course.

## Pregnancy Massage Examination

### Chapter 1: Benefits of Prenatal Massage

1. Historically, massage during pregnancy and labor was practiced by midwives, or birthing attendants, and was used to correct or prevent what?
  - A. A cesarean section
  - B. A breech presentation
  - C. A vertex position
  - D. Umbilical problems
2. Why did the practice of massage during birth fall away in the mid 1800's?
  - A. Women voluntarily discontinued the use of massage during labor due to lack of education
  - B. The status and work of midwives (including massage) was corrupted as male physicians took over birthing practices and abolished midwifery
  - C. Midwives and birthing attendants, along with massage during labor, were proven to be ineffective in assisting labor
  - D. As scientific studies validated the benefits of labor massage, women could no longer afford the use of midwifery
3. Massage can help to reduce unnecessary stress during pregnancy. Which of the following is a harmful effect of stress during pregnancy?
  - A. Low birth weight and premature labor
  - B. Dampened effectiveness of oxytocin and uterine vasoconstriction
  - C. Higher incidences of miscarriage and depression
  - D. All of the above
4. Changes in a pregnant woman's circulatory system, which can be aided by massage, include all of the following EXCEPT:
  - A. Increased pressure on the pelvic veins and the inferior vena cava
  - B. Increased load on the heart due to an increased blood volume
  - C. Possible decrease in swelling and edema in the extremities
  - D. Possible formation of varicose veins
5. Massage and bodywork can supplement a pregnant woman's care with a sense of support, intimacy and wholeness.
  - A. True
  - B. False
6. Which of the following is a benefit of prenatal massage?
  - A. Decreases chronic muscle tension, restores postural balance, normalizes joint range of motion
  - B. Minimizes nausea, stimulates peristaltic activity
  - C. Reduces pain and treats the common discomforts of pregnancy
  - D. All of the above

## Chapter 2: Dispelling the Myths of Prenatal Massage

7. All of the following are common myths about massage during pregnancy EXCEPT:
  - A. Massage can cause a miscarriage
  - B. Massage is contraindicated in the first trimester
  - C. Extremely light, open handed massage on the abdomen will not cause miscarriage
  - D. A pregnant woman should lie only on her left side during sleep and massage
  
8. Why do some people believe that massage is contraindicated in the first trimester?
  - A. Because of the high incidence of miscarriage in the first trimester and the possible presence of nausea and vomiting
  - B. Because of the increase in hormone production and the risk of blood clotting
  - C. Because the placenta lies very superficial in the abdomen during the first trimester, putting the fetus at risk
  - D. All of the above
  
9. Although massaging the feet and hands during pregnancy is not contraindicated, deep sustained pressure must be avoided on several acupuncture/reflex points of the feet, hands and lower legs.
  - A. True
  - B. False

## Chapter 3: General Prenatal Massage Guidelines

10. All of the following are appropriate prenatal massage and bodywork techniques EXCEPT:
  - A. Craniosacral therapy, energy work, reiki, joint mobilization and lomilomi
  - B. Manual lymphatic drainage, myofascial release, reflexology, shiatsu and acupressure
  - C. Deep abdominal work and ischemic compression on a pregnant woman's legs
  - D. Swedish massage, Tragerwork, trigger point release and tui na
  
11. In the side-lying position, why are pillows used between the client's knees?
  - A. In order to elevate the client's chest and relieve pressure off of the breasts
  - B. In order to prevent pulling on the ligaments of the sacroiliac joint and developing pain in the lower back
  - C. In order to keep the uterus off of the inferior vena cava and associated blood vessels
  - D. In order to raise the legs above the heart and relax the leg muscles
  
12. Why should flat supine positioning be avoided on a client more than 18 weeks pregnant?
  - A. So all abdominal weight is off the great abdominal vessels
  - B. So the weight of the uterus rests on the inferior vena cava
  - C. So the cervical spine is safely supported
  - D. To avoid swelling in the hands and arms
  
13. Which of the following should be evaluated on each visit to ensure that the client is a candidate for massage?
  - A. The arches of the feet
  - B. The lower legs for pitting edema
  - C. The calves for possible thrombosis
  - D. All of the above

14. Although aromatherapy and some essential oils are safe to use during pregnancy, it is best to either avoid them or discuss the use of them with your client before use.
- A. True
  - B. False
15. Which of the following is a possible problem when using tables with cut-outs and/or enlarged foam pillows to treat pregnant clients?
- A. In the side-lying position, tables with cut-outs and enlarged pillows provide adequate support for the woman without any additional bolsters or pillows
  - B. In the prone position, tables with cut-out holes and enlarged pillows do not encourage a posterior pelvic tilt, but will compress the lower back instead
  - C. In the supine position, tables with cut-out holes and enlarged pillows do not encourage a posterior pelvic tilt, but will compress the lower back instead
  - D. In the prone position, tables with cut-outs and enlarged pillows encourage a posterior pelvic tilt but do not support the growing uterus

#### **Chapter 4: Emotional and Psychological Effects of Pregnancy**

16. The increase of \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_ can be attributed to emotional and physical changes of pregnancy, such as emotional lability, morning sickness, depression and mood swings.
- A. Oxytocin, hCG and testosterone
  - B. Estrogen, oxytocin and relaxin
  - C. Estrogen, progesterone and hCG
  - D. Progesterone, hCG and relaxin
17. What is a massage therapist's role when treating a client with an issue of depression or childhood sexual abuse?
- A. Offer advice or share past experiences of your life to relate to the client
  - B. Do not offer advice and change the subject immediately
  - C. Be supportive and refer them to the appropriate healthcare professional immediately
  - D. Tell the client you do not want to listen to their history and continue the massage

#### **Chapter 5: The Physiology of Pregnancy**

18. Which of the following is a cause of postural alterations and shifting in later pregnancy?
- A. The increased size and bulk of the uterus
  - B. Relaxation of the joints
  - C. The occupation of the woman
  - D. Both A and B
19. What is the action of the hormone relaxin?
- A. Prepares the breasts for lactation
  - B. Helps remodel and loosen the connective tissues of the pelvic girdle, soften the cervix and suppress uterine contractions
  - C. Helps induce labor and causes the rhythmic contractions of labor
  - D. All of the above

20. Which of the following is a result of diastasis?
- A. Decreased ability to flex the spine and increased difficulty in performing a posterior tilt
  - B. Increased ability to flex the spine and decreased difficulty in performing a posterior tilt
  - C. Decreased ability to support the heavy uterus and increased ability to flex the spine
  - D. Increased back stability and increased muscle pain and weakness
21. All of the following types of exercises should be avoided during pregnancy EXCEPT:
- A. Sit-ups
  - B. Crunches
  - C. Exercises that recruit the transverse abdominis
  - D. Exercises that involve twisting
22. Which of the following is a technique that you can share with your clients for proper body mechanics during pregnancy?
- A. Place a small pillow or cushion behind the lower back for additional support when sitting
  - B. Remember to recruit the transverse abdominis by pulling it back to the spine while standing
  - C. Avoid lifting, and when lifting, use the legs not the back
  - D. All of the above
23. Which of the following is something a pregnant woman can do to ease and help prevent varicosities and hemorrhoids?
- A. Elevate her legs and feet frequently
  - B. Lie on her left side to encourage circulation
  - C. Perform kegel exercises
  - D. All of the above
24. All of the following are signs of preeclampsia EXCEPT:
- A. Spike in blood pressure
  - B. Drowsiness or confusion
  - C. No presence of pitting edema
  - D. Vomiting or nausea
25. Which of the following is helpful in relieving congestion and restrictions in the rib cage of a woman in the third trimester?
- A. Stretches and exercises
  - B. Myofascial release and stretches
  - C. Inactivity and active release
  - D. Deep tissue massage and exercises
26. Why does the uterus actively contract through out pregnancy?
- A. To help circulate the blood through the placenta
  - B. To strengthen the uterus for labor
  - C. To prepare the female for labor contractions
  - D. Both A and B

27. Why might leg and thigh cramping or tetany occur in pregnant women?
- A. Due to insufficient maternal calcium, magnesium and potassium stores
  - B. Due to increased compression of the pelvic nerves
  - C. Due to a protracted cervical spine
  - D. Due to insufficient intake of electrolytes
28. You can purchase special lubricants and creams that will prevent stretch marks, or striae gravidarum, from occurring.
- A. True
  - B. False

### **Chapter 6: Contraindications and Precautions of Prenatal Massage**

29. In the presence of a \_\_\_\_\_ contraindication, massage should not be performed at all until the client has been assessed by their doctor or midwife.
- A. Local
  - B. General
  - C. Regional
  - D. Partial
30. All of the following are local precautions to massage during pregnancy EXCEPT:
- A. Varicose veins
  - B. Cysts or tumors
  - C. Fever
  - D. An open wound or sore
31. What is a local prenatal precaution?
- A. An area on a pregnant woman's body which needs to be avoided or treated in an appropriate manner
  - B. An area on a pregnant woman's body which should not be massaged under any circumstances
  - C. The presence of a particular symptom which needs to be evaluated by a doctor or midwife
  - D. All of the above
32. Which of the following reflex points may speed up a prolonged labor?
- A. Gall Bladder 20, Kidney 2 and Spleen 8
  - B. Large Intestine 4, Spleen 6 and Liver 3
  - C. Large Intestine 3, Spleen 13 and Bladder 50
  - D. Liver 5, Bladder 65 and Kidney 5

### **Chapter 7: Treating High-Risk Pregnancies and Clients Confined to Bed Rest**

33. Which of the following is risk category that might cause serious trauma to or comprise the health of mother and/or the fetus?
- A. Risk of miscarriage or fetal morbidity
  - B. Risk of premature or preterm labor
  - C. Risk of labor complications
  - D. All of the above



34. All of the following are considered low-risk factors EXCEPT:
- A. Maternal age under 18 or over 35
  - B. Multiples of multifetal gestation
  - C. Complications from previous pregnancies
  - D. Fetal genetic disorders
35. With midlevel-risk factors the practitioners massage technique should remain the same as with low-risk factors.
- A. True
  - B. False
36. High-level risk factors, such as \_\_\_\_\_, \_\_\_\_\_ or \_\_\_\_\_ require medical intervention before massage can be performed.
- A. Maternal drug exposure, smoking or maternal illness
  - B. Vaginal bleeding, gestational hypertension or pitting edema
  - C. Maternal age, multiples or medical disorders
  - D. After surgery, sexual abuse or Rh incompatibility
37. Which of the following modalities are appropriate techniques for pregnant clients on bed rest?
- A. Swedish massage and lymphatic drainage
  - B. Trigger point therapy and energy work
  - C. Craniosacral therapy and active/passive exercises
  - D. All of the above

### **Chapter 8: Preconception Support**

38. What is the goal of bodyworkers when providing preconception support?
- A. To address the causes of infertility with the client
  - B. To diagnose the cause of infertility and share that with the clients doctor
  - C. To enhance the client's general health and improve her chances of conceiving
  - D. To discuss the reasons why the client wishes to conceive and determine if she should conceive
39. According to the applied kinesiology technique, which of the following muscles correlate to the reproductive system?
- A. Gluteus minimus, psoas, and abductor muscles
  - B. Psoas, adductor muscles and abductor muscles
  - C. Gluteus maximus, piriformis and adductor muscles
  - D. Quadratus lumborum, piriformis and iliacus

### **Chapter 9: The First Trimester**

40. About when can the embryo's heart beat be detected with an ultrasound?
- A. By the end of the second month (weeks 5-8)
  - B. By the end of the first month (weeks 3-4)
  - C. By the middle of the third month (week 10)
  - D. By the end of the third month (weeks 11-12)

41. All of the following are possible common discomforts a pregnant client will experience in the first trimester EXCEPT:
- A. Nausea and/or vomiting
  - B. Fatigue
  - C. Frequent urination
  - D. Vaginal bleeding

### **Chapter 10: The Second Trimester**

42. Which of the following is a physiological change in women during the second trimester?
- A. Connective tissue relaxes and softens
  - B. Blood volume increases
  - C. The linea nigra may appear
  - D. All of the above
43. During the second trimester, which of the following massage techniques should be introduced?
- A. Techniques that address postural alignment
  - B. Techniques to prevent further postural discomforts
  - C. Techniques that release tension in the core iliopsoas muscles
  - D. All of the above
44. What does the pelvic tilt stretch do for a pregnant woman?
- A. It shortens the lumbar spine and releases compressed muscles
  - B. It stretches compressed muscles and shortens the lumbar spine
  - C. It elongates the lumbar spine and releases compressed muscles
  - D. It elongates the lumbar spine and shortens compressed muscles
45. When working on the legs and feet of a pregnant client, hyperemeia is a sign of what?
- A. That the massage is being done too lightly
  - B. That the massage is being given with the right amount of pressure
  - C. That the massage is being done too deeply
  - D. That massage is contraindicated for that spot
46. Which of the following positions should a massage therapist use in the second trimester?
- A. Prone or side lying with no support
  - B. Side lying or semisitting
  - C. Semisitting or flat supine
  - D. All of the above

### **Chapter 11: The Third Trimester**

47. Which of the following is normal with swelling?
- A. The swelling shifts with gravity
  - B. Blood pressure remains normal
  - C. No protein shows in the urine
  - D. All of the above

48. About what percent of breech presentations are delivered by cesarean section in the USA?
- A. 75%
  - B. 80%
  - C. 95%
  - D. 100%
49. Which of the following areas should the massage therapist pay special attention to in the third trimester?
- A. Lower back, pelvis and rib cage
  - B. Pectoral girdle and hips
  - C. Legs and feet
  - D. All of the above

### **Chapter 12: Massage for Labor Preparation**

50. Why might a woman in late pregnancy experience more backaches than in earlier pregnancy?
- A. Because the fetus is now lower in the uterus, stretching the associated structures
  - B. Because the fetus changes position from breech to vertex
  - C. Because the decrease in hCG creates more laxity in joints and ligaments
  - D. Because the fetus is higher in the uterus, stretching the associated structures
51. Perineal massage is only performed by the woman, her partner, her doctor or her midwife.
- A. True
  - B. False

### **Chapter 13: Sitting Massage**

52. All of the following conditions during pregnancy warrant the use of a sitting position EXCEPT:
- A. Nasal or sinus congestion
  - B. Swelling or pitting edema
  - C. Sciatica
  - D. In early labor

### **Chapter 14: Massage for Common Discomforts of Pregnancy**

53. How can a full body massage benefit a pregnant client with anemia?
- A. A full body massage will have no effect on a pregnant client with anemia
  - B. A full body massage will allow muscles to relax, releasing the hormone necessary for the body to produce more erythrocytes
  - C. A full body massage reintroduces red blood cells back into the client's blood stream, elevating the erythrocyte count
  - D. A full body massage will stimulate the spleen into making more red blood cells
54. An effective approach to treating back pain in a pregnant woman is to begin by releasing the superficial tissues first and gradually addressing the deeper musculature.
- A. True
  - B. False

55. Which of the following massage techniques may help alleviate carpal tunnel syndrome and De Quervain's syndrome during pregnancy?
- A. Lymphatic drainage to the arm of the client
  - B. Circular petrissage around the elbow and shoulder
  - C. Stimulation of acupuncture point Large Intestine 11 and Small Intestine 3
  - D. All of the above
56. By the end of the third trimester, most women have a \_\_\_\_\_ increase in interstitial fluid.
- A. 30%
  - B. 40%
  - C. 50%
  - D. 60%
57. Which of the following is a characteristic of lymphatic massage?
- A. The proximal area is always treated before the distal area
  - B. Pressure must be limited to 30-40 mm Hg (5-10 grams)
  - C. There should be no visible reddening (hyperemia)
  - D. All of the above
58. Gestational glucose intolerance is a contraindication for massage.
- A. True
  - B. False
59. All of the following techniques may be helpful in relieving painful hemorrhoids in pregnant and postpartum women EXCEPT:
- A. Lymphatic drainage to the legs
  - B. Sacral lift
  - C. Acupressure on Bladder 3 point
  - D. Treating reflex points on the feet
60. Which of the following may be helpful to pregnant women experiencing leg cramps?
- A. Encourage the client to eat a wide variety of foods rich in calcium, phosphorus, magnesium and potassium
  - B. Stretching the calf muscles
  - C. Wear support stocking during the day
  - D. All of the above
61. Which of the following is a common cause of sciatic pain in women during later pregnancy?
- A. Nerve root damage or acute injury to the sciatic nerve
  - B. Decreased pressure on the sciatic nerve, tightening uterine ligaments, poor posture or prelabor physiology
  - C. Poor posture, muscle restrictions, stretching of the ligaments or pressure of the uterus on the sciatic region
  - D. All of the above

62. Massage to help alleviate shortness of breath in pregnant women should include all of the following EXCEPT:
- A. Lymphatic massage
  - B. Myofascial release
  - C. Stretching
  - D. Acupressure on point Lung 9
63. Varicosities can be a predisposing cause of which of the following?
- A. Stretch marks
  - B. Pre-Eclampsia
  - C. Deep vein thrombosis
  - D. Miscarriage

### **Chapter 15: Multiples**

64. How do multiples affect the common complaints of pregnancy?
- A. Multiples lessen the common complaints of pregnancy
  - B. Multiples exacerbate the common complaints of pregnancy
  - C. Multiples do not change the common complaints of pregnancy
  - D. None of the above

### **Chapter 16: The Physiology of Labor**

65. Which of the following correctly lists the four stages of labor?
- A. Dilation and descent, descent and birth, expulsion of the placenta and recovery
  - B. Latent, active, transitional and recovery
  - C. Dilation and birth, expulsion of the placenta, shrinking and recovery
  - D. Dilation and descent, birth and expulsion of the placenta, recovery and normalcy
66. In stage one, active phase of labor, which of the following is most important for the pregnant woman?
- A. Relaxation by slow breathing, specific massage strokes, counter pressures or mobility
  - B. Rest by lying on her side
  - C. Activity by stretching, exercising or mobility
  - D. Pain management by the use of medication or massage strokes
67. All of the following are possible disadvantages of the use of pain medications during labor EXCEPT:
- A. Dural puncture and consequent migraines or severe headaches
  - B. Interference with the woman's natural tendency and ability to find a birth position that encourages easy passage
  - C. Postpartum hemorrhage, which is twice as likely to occur
  - D. Excellent pain relief
68. Which of the following is a sign that stage two labor has begun?
- A. The woman has expulsive contractions and has the urge to push
  - B. Blood-stained mucus, or bloody show often appears
  - C. Complete dilation occurs
  - D. All of the above

69. Which of the following are monitored in stage four of labor?
- A. Blood pressure
  - B. Uterine tone
  - C. Heart rate
  - D. All of the above
70. How often should fundal massage by the woman, care provider or massage therapist be performed?
- A. Every hour for the first day postpartum
  - B. Every couple hours during the first week postpartum
  - C. Once a day during the first week postpartum
  - D. Twice a day during the first two days postpartum
71. All of the following are chemical or mechanical labor induction techniques EXCEPT:
- A. Stripping the membranes
  - B. Rupturing the membranes
  - C. Nipple stimulation
  - D. Administering pitocin
72. The rate of uterine rupturing occurs less than \_\_\_\_\_ during a vaginal birth after cesarean (VBAC), which is the same degree as in repeat C-sections.
- A. 1%
  - B. 2%
  - C. 4%
  - D. 6%

### **Chapter 17: Stimulating Labor**

73. Which of the following acupuncture points can be stimulated by massage therapists to naturally induce labor?
- A. Large Intestine 4
  - B. Liver 3
  - C. Spleen 6
  - D. All of the above
74. When using acupressure to attempt to stimulate labor, how long should each point be treated?
- A. Hold the point for a count of 10, repeat 10 times
  - B. Hold the point for a count of 5, repeat 10 times
  - C. Hold the point for a count of 20, repeat 5 times
  - D. Hold the point for a count of 10, repeat 5 times

### **Chapter 18: Benefits of Touch during Labor and Other Pain Control Methods**

75. What is counterpressure?
- A. Performing effleurage with deep pressure
  - B. Light pressure against the painful area
  - C. Deep pressure against the painful area
  - D. Deep pressure myofascial techniques

76. Which of the following is an effect of touch during labor?
- A. Encourages a more progressive labor
  - B. Lowers stress levels and increases calmness and relaxation
  - C. Relieves musculoskeletal aches and pains
  - D. All of the above
77. \_\_\_\_\_ positions increase the woman's sense of control, provide an overall sense of comfort when compared to the supine position and optimize uterine efficiency.
- A. Back-lying
  - B. Side-lying
  - C. Upright
  - D. All of the above
78. Which of the following positions favor physiology in the second stage of labor?
- A. Semisitting
  - B. Side-lying
  - C. Squatting
  - D. All of the above
79. Which of the following are sensory stimulation strategies for reducing pain during labor?
- A. Relaxation techniques and music
  - B. Imagery and attention focusing
  - C. Breathing techniques and aromatherapy
  - D. All of the above

### **Chapter 19: Labor Support Massage**

80. Why is manual lymphatic drainage the only appropriate bodywork technique for a pregnant woman's legs?
- A. Because of increased blood supply and decreased fibrinogenic activity
  - B. Because of increased fibrinogenic activity and the increased amount of interstitial fluid
  - C. Because of decreased amount of interstitial fluid and risk of blood clotting
  - D. Because of increased swelling and pressure on the legs due to the pregnancy
81. Which of the following techniques is appropriate for a woman in stage one, latent phase of labor?
- A. Counterpressure on specific pain
  - B. The sacral lift to reduce pressure
  - C. Effleurage on the entire back and across the shoulders
  - D. All of the above
82. What are the practitioner's goals during stage one, active phase of labor?
- A. To transport the mother to the hospital safely
  - B. To stretch the uterine ligaments by using active release
  - C. To keep the mother calm, comfortable and focused
  - D. To treat swelling in the legs with manual lymphatic drainage
83. Massage may or may not be tolerated during stage one, active phase of labor.
- A. True
  - B. False

84. All of the following are techniques for stage two, active phase of labor EXCEPT:
- A. Effleurage of the abdomen
  - B. Perineal massage
  - C. Lower back massage between contractions
  - D. Counterpressure, sacral lift of hip squeeze during contractions
85. To be an effective massage practitioner for women in labor, the author recommends which of the following?
- A. Practice working on pregnant clients to gain experience before working on clients in labor
  - B. Practitioners receive professional certification in a prenatal, labor and postpartum massage class
  - C. No additional experience or certification is necessary to be an effective practitioner for women in labor
  - D. Practitioners check their local and state laws regarding massage therapy and labor

### **Chapter 20: Postpartum Massage**

86. Which of the following is a postpartum warning sign?
- A. Blood loss of more than 500 ml of blood after an uncomplicated vaginal birth
  - B. Fever in excess of 100.4 after the first 24 hours
  - C. Incision changes
  - D. All of the above
87. What is thrombophlebitis?
- A. High blood pressure following pregnancy
  - B. The passing of a large clot from the uterus within 24 hours of delivery
  - C. A blood clot in a superficial vein
  - D. A condition in which the uterus remains flaccid after delivery

### **Chapter 21: Immediate Postpartum Physiology and Treatment Goals**

88. If you decide to position a woman in the prone position during postpartum massage, which of the following areas require special attention?
- A. The breasts and any incision sites
  - B. The abdomen and calves
  - C. The lumbar spine
  - D. The breasts and calves
89. Which of the following acupressure points are appropriate to facilitate healing of the reproductive system?
- A. Liver 10 and Liver 6
  - B. Spleen 10 and Spleen 6
  - C. Bladder 10 and Bladder 6
  - D. Small Intestine 10 and Small Intestine 6



90. Which of the following techniques/modalities can be used to facilitate healing of the musculoskeletal system?
- A. Light Swedish Massage
  - B. Trigger point release
  - C. Pelvic tilt
  - D. All of the above
91. Which of the following is a benefit of pressing acupuncture point Spleen 3 in order to facilitate healing of the endocrine system?
- A. It will help tone the uterus
  - B. It will encourage fluid elimination
  - C. It will help balance hormones
  - D. All of the above
92. Postpartum blues is the same thing as postpartum depression.
- A. True
  - B. False
93. All of the following essential oils may help postpartum mood disorders EXCEPT:
- A. Jasmine
  - B. Rose
  - C. Cypress
  - D. Lavender
94. Techniques for postpartum care of women confined to bed rest include all of the following EXCEPT:
- A. Deep tissue massage
  - B. Light Swedish massage
  - C. Lymphatic drainage on her legs
  - D. Energy work

## **Chapter 22: Puerperium Postpartum Physiology and Treatment Goals**

95. What is the purpose of performing the “seated tupler technique: elevators” and “transverse contractions” exercises during puerperium postpartum?
- A. They will help heal the diastasis recti
  - B. They will cause the uterus to contract, promoting healing
  - C. They will encourage fluid retention
  - D. They will help relieve painful trigger points
96. Which of the following is a goal of scar massage?
- A. To manage the development of scar tissue
  - B. Keep the connective tissue as pliable and flexible as possible by reducing adhesions between soft tissue layers
  - C. Reduce discoloration and itching, reduce the scar to normal skin level and eliminate fibrosis
  - D. All of the above

97. Postpartum depression occurs in approximately \_\_\_\_\_ of new mothers.
- A. 5%
  - B. 10%
  - C. 40%
  - D. 20%

### **Chapter 23: Extended Postpartum Physiology and Treatment Goals**

98. What is the purpose of performing muscle testing on a client?
- A. To diagnose musculoskeletal disorders
  - B. To test for the presence of diastasis recti
  - C. To assess and find the origin of chronic pain
  - D. To balance the hormones
99. No matter how successful massages are, if clients resort to bad postural habits, they will undermine all of the healing work.
- A. True
  - B. False
100. Conditions such as diastasis recti, misaligned symphysis pubis or epidural migraine can plague clients for years after birth.
- A. True
  - B. False

### **Chapter 24: Marketing Strategies**

101. Which of the following are marketing items that can help you promote your practice?
- A. Business cards
  - B. Brochures and pamphlets
  - C. Your business or name on a resource list
  - D. All of the above
102. What is passive income?
- A. Income earned from an hourly wage
  - B. Additional income earned as a result of an investment of time or money
  - C. Income earned when a client refers another client
  - D. All of the above
103. All of the following are ways a massage practitioner can promote their services EXCEPT:
- A. Rent a space at a health fair and/or speak at a baby shower
  - B. Meet potential clients and hand out business cards and brochures at childbirth education classes
  - C. Refrain from advertising your services
  - D. Send out newsletters, birthday or holiday cards to clients and/or offer discounts
104. Information gathered on intake forms should include:
- A. Obstetrician or midwife's contact information
  - B. Gestational age and estimated due date
  - C. Preexisting conditions
  - D. All of the above

This completes the Pregnancy Massage examination.