



The Hydrotherm Experience: Massage During Pregnancy (S3 or C3 for clinical trainees)

Introduction

This course will teach therapists an understanding of the physiological and psychological changes that occur during the 40 weeks of pregnancy. They will be taught important facts about how to set up the Hydrotherm system in order to provide a safe, comfortable and effective treatment for clients. Trainees will learn the most common problems experienced by expectant mothers as well as techniques purposely designed to treat them and precautions on how to ensure the safety of the client at all times. Due to its unique characteristics, the Hydrotherm system is uniquely suited to treating those who are pregnant, and with our two course options trainees can decide whether they would prefer to learn greater detail about common physiological issues experienced during pregnancy or to simply focus on a high quality, relaxing treatment for their clients.

This course is delivered and assessed in a single day, with certificates issued as soon as is possible, meaning that it is quick, accessible and business-friendly, allowing trainees to quickly get back to doing what they do best.

Understanding S3 & C3 courses

S3 provides safe, effective massage training using Hydrotherm, designed to treat those who are pregnant. It will not go into the detail surrounding particular issues but focusses instead upon great, effective techniques and a soothing sequence to leave clients feeling completely refreshed.

C3 provides a higher level of understanding surrounding some of the common issues affecting pregnant women, such as lower back pain and sacroiliac joint dysfunction. C3 trainees will come to understand these conditions in greater detail and understand how best to treat them.



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Minimum Course Entry Requirements

Before commencing their training in either S3 or C3, practitioners must have the following:

- The Hydrotherm foundation course certification S1/C1
- The Hydrotherm Applied anatomy certification C2 (for C3 trainees only)
- A level 3 anatomy and physiology qualification at a recognised institution or be in the process of obtaining one.
- They must hold or be in the process of obtaining an appropriate level 3 vocational qualification applicable to Hydrotherm (such as massage, beauty therapy, reflexology, etc.) awarded by a recognised institution. As part of their registration, they will be asked to sign a declaration to this effect.
- An adequate level of written and spoken English and be a minimum age of at least 18 years before they can be certified as a Hydrotherm MDP practitioner.
- If physically challenged, they must have sufficient ability to perform the massage techniques involved.

C3 course

- Due to the manner in which facts are taught, trainees undertaking clinical C3 MDP must take courses sequentially, i.e. C1, C2, C3, etc.
- S3 for spa and beauty therapists can be taken directly after taking the foundation course (S1) if required.

Course Details

Trainees will learn how to give safe, effective and nurturing Hydrotherm Treatments to pregnant women. In addition to learning new massage techniques, trainees will learn about the physiological changes to the female body that take place during pregnancy. Some private study of selected reading material about pregnancy is advised. A training manual will be provided which contains all directly relevant course information.

This course will be delivered by Hydrotherm trainers or in-house trainers who have been trained and certified to do so by Hydrotherm. A training class may contain both male and female Trainees. This course is delivered and assessed in a single day.



Example MDP day structure:

1. **Introduction to course**
 - Meet the trainer & trainee(s)
 - Course background
 - Common industry misunderstandings
 - Introduction to common conditions experienced during pregnancy (S3 and C3)
2. **MDP training**
 - Review of foundation techniques (if required)
 - Run-through of specific techniques for MDP
 - Practical review of all techniques on the trainer
 - Multi-choice questionnaire assessment to check general understanding
 - Review and Q&A
 - Feedback

Recommended Reading

Core reading:

The MDP Training Manual (S3 and C3) provided.

Supplementary reading:

Frank H Netter, 'Atlas of Human Anatomy'

Additional reference material will be recommended by the Trainer.

Assessment

The assessment will consist of a written multi-choice test, oral questions and by the trainee demonstrating to the assessor through a practical test that they have mastered the techniques involved and are knowledgeable of the precautions to be followed. The assessor will usually be the trainer that taught the trainee but otherwise will be another trainer certified by Hydrotherm to do so.

Certification

Upon receipt of a favourable report from the assessor, Hydrotherm will issue a certificate confirming that the Trainee has successfully completed the MDP course (S3 or C3) and is authorised to provide MDP Hydrotherm Treatments.

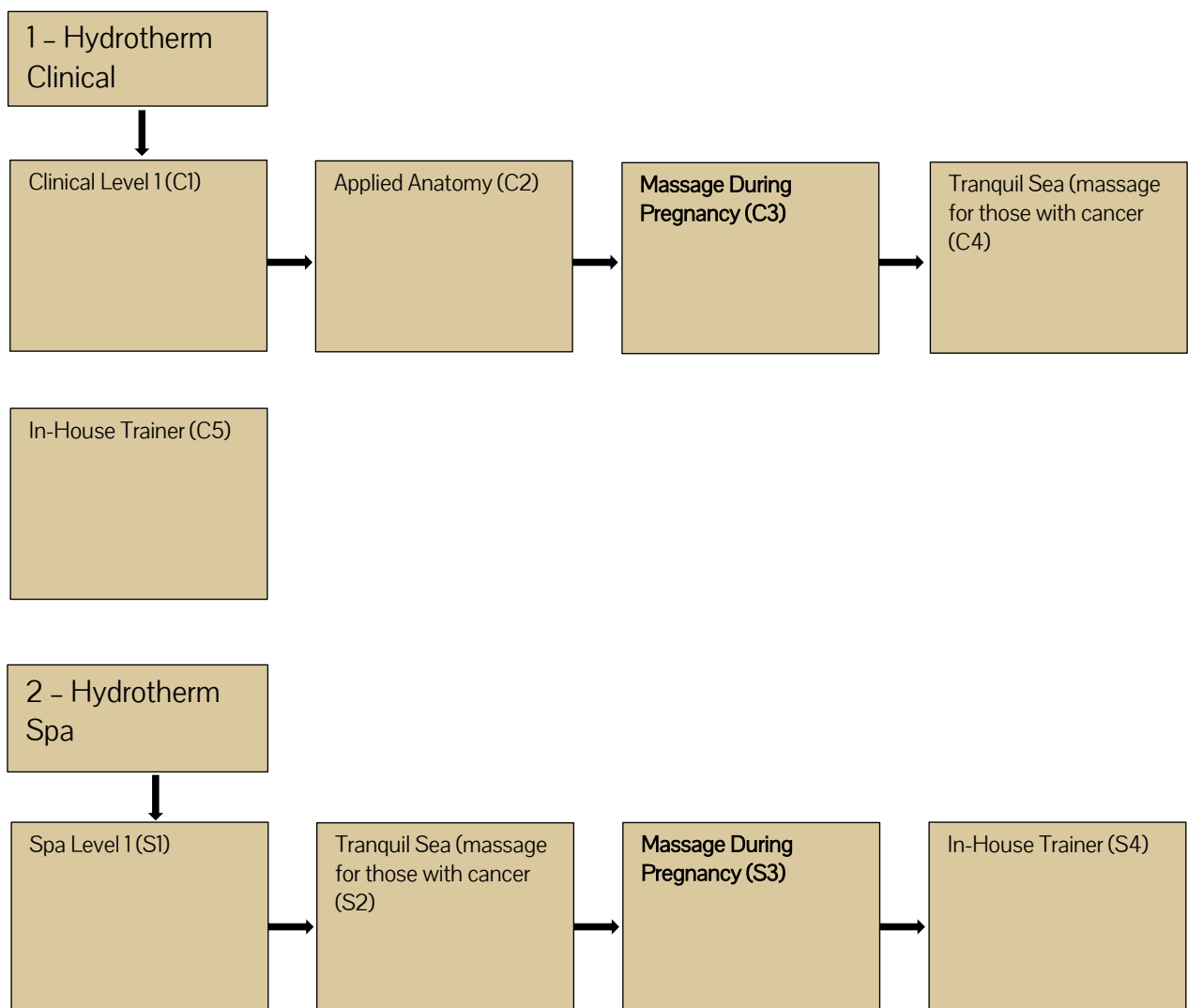


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Further Development

Practitioners who have completed this course and wish to develop their Hydrotherm skills can proceed on to one of either two routes. The Hydrotherm Clinical route offers trainees the opportunity to learn relevant anatomical and scientific facts with a greater depth of understanding allowing for increased credibility, understanding and effectiveness. The Hydrotherm Spa route is more focused upon aesthetics, relaxation and simplicity for treating clients in the spa and beauty industries.



Contact us

Should you wish to find out more, please get in contact with our customer relations director Niki Fleming on 07815693735 or email her directly at niki@hydrotherm.co.uk