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Osteopathy for Pregnancy, Childbirth, and the Postpartum Period

Prerequisites

- To participate in this training, one must be an osteopath (D.O.) officially registered with the relevant regulatory authorities.
- The training is also open to non-French osteopaths who hold a D.O. degree from an educational institution with a curriculum comparable to French standards.
- The training is also open to final-year osteopathy students enrolled in a French institution accredited by the Ministry of Health.
- Holders of a *Diplôme Universitaire* (D.U.) in osteopathy are not eligible for this training.

Course Objectives

This training aims to provide qualified osteopaths with:

- The fundamental anatomical and physiological knowledge required to treat women during pregnancy and the postpartum period.
- A specific treatment protocol for pregnant women.
- Instruction in specific osteopathic tests, protocols, and techniques tailored to the aforementioned treatment protocol.

Teaching Methodology

- Theoretical presentations using projected visual aids (e.g., PowerPoint).
- Provision of digital or printed course materials (a handout of approximately 180 pages).
- Extensive practical sessions involving reciprocal, hands-on work on osteopathic treatment tables, organized in pairs under the supervision of the instructor.

Assessment of Learning and Training Outcomes

Although all participants share a similar foundational educational background, an assessment is conducted at the time of registration via a questionnaire designed to evaluate existing knowledge.

Completion of this questionnaire is a mandatory requirement for participation in the training. The results of this assessment of knowledge and skills are scored out of 20 points, which will count toward the final grade for the completion of the training program.

At the end of the training program, a multiple-choice questionnaire (MCQ) is administered during the final half-day to assess the knowledge acquired throughout the course.

Completion of this assessment is a regulatory requirement; it is mandatory in order to receive a training certificate (in compliance with official regulations and FIF PL requirements), which serves as formal pedagogical validation of the training.

The MCQ is graded out of 60 points.

An additional 20 points are awarded based on practical performance.

This practical score is assessed during the hands-on training sessions.

Each participant is evaluated on how effectively they apply the techniques or protocols taught.

Out of a total of 100 possible points (20 + 60 + 20), a minimum score of 50/100 is required to successfully complete the training.

Upon successful completion, a training certificate will be issued to the participant. A distinction is awarded based on the final score achieved:

- "Good" for a score between 50 and 59

- "Very Good" for a score between 60 and 79
- "Excellent" for a score between 80 and 100.

Trainees who receive a final score of less than 50 will be issued a certificate of attendance for the training.

Osteopaths (D.O.) who successfully complete the training with a score between 50 and 100 may—by fully completing the appropriate form—have their professional contact details listed on the website "www.ostéopathie-bf.com" under the "Find an Osteopath" section, identifying them as osteopaths who have successfully completed the training.

Any registered osteopath may modify or remove their professional contact details from the website by simply submitting a request to the site administrator.

Training Program *

(23 hours of training)

Day 1

- 8:30 AM – 9:00 AM
- Welcome
- Adjustment of the program based on needs assessment questionnaires
- Review of the prior knowledge assessment

- 9:00 AM – 10:30 AM
- Introduction
- Pregnancy:
- Anatomical review
- Physiological review
- Pathological review

- Break

- 11:00 AM – 12:30 PM
- Fetal development
- Pregnancy:
- Fetal development
- The course of pregnancy
- Common minor ailments
- Biomechanical dysfunctions
- Vascular dysfunctions
- Organic dysfunctions

- Lunch

- 1:30 PM – 3:30 PM
- The osteopathic consultation
- Patient interview (case history)
- Osteopathic clinical examination
- Psychology
- Classic pregnancy-related syndromes

- Break

- 4:00 PM – 6:30 PM
- Consultation from the 1st to the 5th month
- Technical aspects
- Consultation from the 1st to the 5th month
- Testing procedures
- Supervised practical application of tests

- Day 2

- 8:30 AM – 10:00 AM
- Pregnancy: 1st to 5th month
- Techniques
- Supervised practice of techniques

- Break

- 10:30 AM – 12:30 PM
- Pregnancy: 1st to 5th month
- "In vivo" consultation or film

- Lunch

- 1:30 PM – 3:30 PM
- Pregnancy: 5th to 9th month
- Tests
- Supervised practice of tests

- Break

- 4:00 PM – 5:30 PM
- Pregnancy: 5th to 9th month
- Techniques
- Supervised practice of techniques

- 5:30 PM – 6:30 PM
- Pregnancy: 5th to 9th month
- "In vivo" consultation or film

- Day 3

- 8:30 AM – 10:30 AM
- Anatomical and physiological review specific to childbirth
- Childbirth
- Induction
- Descent
- Expulsion
- Pathological aspects of childbirth
- Osteopathic perspective on childbirth
- 3D animation of childbirth and related techniques – Childbirth: The Film

- Break

- 11:30 AM – 12:30 PM
- Osteopathic support for childbirth
- Articular and uterine/gestational preparation – Physical/exercise-based preparation
- Pushing/bearing down
- Psychological preparation

- Lunch

- 1:30 PM – 3:30 PM – Postpartum period
- The Consequences of Childbirth
- Techniques
- Guided Practice of Postpartum Techniques 3:30 PM / 4:00 PM
- Multiple Choice Questions
- Exam
- Correction

- 4:00 PM / 5:30 PM
- Postpartum
- In Vivo Consultation or Video
- Conclusion
- Professional References
- Advice for Professional Implementation in Practice
- Support for Professional Practice
- * (This program may be subject to pedagogical improvements)