

Summary of CAPP OBF and OBA Course Topics

Course	OB Fundamentals (OBF) Musculoskeletal Considerations in Pregnancy and Postpartum	OB Advanced (OBA) High Risk Pregnancy, Acute Postpartum, and Special Populations
Topic	<p>FUNDAMENTAL CONCEPTS:</p> <ul style="list-style-type: none"> ○ Maternal Physiology and Anatomy of Pregnancy (including DRA review) ○ Pregnancy Testing and Medications (Pertinent review from Pre-reading) ○ Labor and Delivery: Vaginal ○ Labor and Delivery: Cesarean and surgical intervention ○ Differential Diagnosis ○ Modalities: Pregnancy-Specific Considerations ○ Postpartum Recovery ○ PFM and Abdominal Rehabilitation after Vaginal and Cesarean Deliveries <p>EXAMINATION:</p> <ul style="list-style-type: none"> ○ Systems Review and History Taking of the Outpatient Pregnant and Postpartum Patient ○ Pregnant-Specific Posture and Gait ○ Special Tests Lumbopelvic ○ Musculoskeletal Examination of the Pregnant Patient (Including Diastasis Rectus Abdominis) <p>INTERVENTION (Refer also to Labs)</p> <ul style="list-style-type: none"> ○ Soft Tissue Mobilization and Manual Therapy ○ Stabilization Exercise ○ PFM and Abdominals Assessment (with Stab Ex) ○ Biomechanical Strategies in Pregnancy (including breastfeeding positions) ○ Bracing Decision Making and Algorithm ○ Exercise, Wellness and Fitness in Pregnancy and Postpartum ○ Clinical Decision Making 	<p>ADVANCED CONCEPTS:</p> <ul style="list-style-type: none"> ○ High Risk Pregnancy: Medical Diagnoses and Interventions ○ Special Populations and Disability in Pregnancy ○ Traumatic Injuries in Pregnancy ○ Common and Infrequent Maternal Birth Injuries ○ Exercise Class Design in Pregnancy and Postpartum ○ Pregnant Athlete ○ Psychosocial Issues in Pregnancy and Postpartum <p>EXAMINATION:</p> <ul style="list-style-type: none"> ○ Review of Examination Skills ○ Modification of the Exam in High Risk Pregnancy ○ Thoracic Spine and Rib Cage ○ Coccyx ○ Systems Review and History Taking of the Acute Postpartum Patient ○ Modification of the Exam in Acute Inpatient Postpartum <p>INTERVENTION (Refer also to Labs)</p> <ul style="list-style-type: none"> ○ Physical Therapy Interventions in High Risk Pregnancy ○ Competencies and Individual Practices ○ Clinical Decision Making with Case Studies – Presentations and Break Out Sessions
LABS	<ul style="list-style-type: none"> ○ Musculoskeletal Examination of the Pregnant Patient (focus on Special Tests and DRA) ○ Manual Therapy Techniques and Soft Tissue Mobilization for Pelvic Girdle Dysfunction, Hip and Low Back ○ Stretching and Stabilization Exercises ○ Postpartum Scar Mobilization ○ Exercise Prescription (Par-MedX Class Activity) ○ Labor and Delivery: Positioning for Orthopedic Considerations; PT Role in Labor and Delivery Unit (Positioning Strategies and Symptom Relief) ○ Clinical Decision Making Break Out Sessions 	<ul style="list-style-type: none"> ○ Review of Examination Skills ○ PT Interventions in High Risk Pregnancy ○ Evaluation and Intervention Thoracic Spine and Rib Cage in Pregnancy and Postpartum ○ <i>External:</i> Evaluation and Treatment of Coccyx Dysfunction; Pelvic Floor Palpation Review ○ Mom and Baby Postpartum Exercise Class ○ Therapeutic Taping: Pregnancy and Postpartum ○ Competency Development Activity ○ Case Studies – Break Out Sessions