

# Balancing Pregnancy: **Massage**

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## SYLLABUS

Please note, the scope of the curriculum may vary depending on location and duration of training.

### HANDS-ON TECHNIQUES (PRACTICING ON ONE ANOTHER):

#### BACK + POSTERIOR NECK

- ⦿ Ventral vagus parasympathetic stimulation
- ⦿ Trapezius muscles
- ⦿ Levator scapulae muscles
- ⦿ Rhomboid muscles
- ⦿ Erector spinae muscles
- ⦿ Quadratus lumborum muscles (in the Equilibrio approach)
- ⦿ Latissimus dorsi muscles
- ⦿ Fascia of the back

#### BUTT

- ⦿ Gluteus muscles (minimus, medius, maximus)
- ⦿ Deep six muscles
- ⦿ Fascia of the butt

EQUILIBRIO	BALANCING PREGNANCY: MASSAGE	IN-PERSON TRAINING	1
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## LEGS

- ⊙ Posterior
  - Hamstring muscles
  - Gastrocnemius muscle
  - Soleus muscle
  - Achilles tendon
  - Range of motion
  - Fascia of the legs
- ⊙ Anterior
  - Quadriceps muscles
  - Sartorius muscles
  - TFL muscles + IT Band
  - Adductor muscles
  - Tibialis muscle
  - Extensor digitorum (brevis + longus)
  - Peroneus (brevis + longus)
  - Fascia of the legs

## BELLY

- ⊙ Rectus abdominis muscles
- ⊙ External oblique muscles
- ⊙ Internal oblique muscles
- ⊙ Transverse abdominis muscles
- ⊙ Abdominal fascia (superficial and deeper aponeurosis)

## CHEST

- ⦿ Pectoralis major muscles
- ⦿ Pectoralis minor muscles
- ⦿ Subclavicular muscles

## ARMS + RANGE OF MOTION

- ⦿ Deltoid muscle
- ⦿ Biceps brachii
- ⦿ Triceps brachii
- ⦿ Brachioradialis
- ⦿ Pronator muscles
- ⦿ Extensor muscles
- ⦿ Fascia of the arms

## NECK (ANTERIOR)

- ⦿ Sternocleidomastoid muscles (SCM)
- ⦿ Scalenes (anterior, middle, posterior)

## JAW + FACE

- ⦿ Masseter muscle
- ⦿ Temporalis muscle
- ⦿ Frontalis muscle
- ⦿ Range of motion
- ⦿ Fascia of the jaw and face