

Course Schedule



Human Lactation Perspectives for the Physical Therapist

Day One:

7:30-8:00AM

Registration and Breakfast

8:00-8:15AM

Welcome and Course Overview

8:15-9:00AM

Lecture: Human lactation and the physical therapy perspective

9:00-10:00AM

Lecture: Anatomy of mother and baby

10:00AM-10:15AM

Break

10:15-12:00PM

Lecture: Milk production and effects on supply

12:00-1:00PM

Lunch on your own

1:00-1:45PM

Lab: Lymphatic breast massage and rib mobility

1:45-2:30PM

Lecture: Advantages of breastfeeding for mother and baby

2:30-3:45PM

Lecture: Basics of infant latch, "the golden hour"/"breast-crawl"

3:45-4:00PM

Break

4:00-5:00PM

Lecture: Supporting breastfeeding relationship through the birthing process

5:00-5:30

Questions and Wrap-up

Day Two:

7:30-8:00AM

Review and questions

8:00-8:45 AM

Lecture: Abnormal anatomy, surgery, medications, maternal health conditions

8:45-10:00AM

Lecture: Infant feeding behaviors and sleep

10:00-10:15am

Break

10:15-11:15AM

Lecture: Supplemental feeding devices, formula, bottle cleaning

11:15-12:00PM

Lab: Video of infant latch and identification of latch dysfunctions

12:00-1:00PM

Lunch on your own

1:00-2:00PM

Lecture: Breastfeeding positions

2:00-2:45PM

Lab: Infant latch dysfunctions, mother's orthopedic complaints, breastfeeding positions

2:45-3:00PM

Break

3:00-3:30PM

Lecture: Dietary restrictions and milk changes throughout years 0-2

3:30-4:30PM

Lecture: Referrals and billing, review and mythbusters

4:30-5:00PM

Q&A with a specialist, Questions, Wrap-up