



Human Lactation Perspectives for the Physical Therapist

Course Description

Physical therapists are trained and can take advanced training to support women during antepartum, intrapartum, and postpartum periods in order to decrease orthopedic injury during childbirth, decrease use of medical interventions, and improve postpartum recovery. Physical therapists and rehabilitation professionals receive little to no training in regards to breastfeeding and latch assessment, milk production/supply, common breast problems, and breastfeeding intervention strategies; however, physical therapists make biomechanical and postural/positional changes in order to decrease pain and dysfunction in the mother related to orthopedic complaints. Physical therapists may also find themselves giving advice and suggestions around breastfeeding and lactation based around personal experience and not grounded in evidence or current best practices.

This continuing education course will teach you how to effectively address the biomechanics of mother and infant during their nursing relationship. A basic understanding of human lactation and the biomechanics surrounding lactation will add significant value to the care of women and infants during their birthing year. An understanding of lactation is a part of treating the whole person and her whole recovery. Practitioners will learn evidence-based information around human lactation, manual therapy skills for addressing engorgement disorders, breastfeeding positioning which takes into account both maternal and infant ability, be able to answer simple questions and identify issues which require referral in order to support the breastfeeding relationship and help mothers to meet their breastfeeding goals.

Target Audience:

Physical therapists, occupational therapists, chiropractors, other medical professionals who work with women during their birthing years.

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