

**Southern Ontario College of Osteopathy**  
**An Osteopathic Approach in Obstetrics & Gynecology.**  
**(Course outline)**  
**23 hours**

1. An Osteopathic Approach in Obstetrics

- Postural influences
- Changes to gait, hip pelvic and shoulder girdle biomechanics
- Osteopathic examination and treatment techniques for the lumbar spine, pelvis and lower limbs, shoulder girdle, breast area, thoracic cage and upper abdomen in pregnancy
- Mechanics of labour and delivery
- Childbirth-related pelvic floor and pelvic organ injuries
- Osteopathic examination and treatment of the pelvic floor, bladder and intestine

2. An Osteopathic Approach in Gynecology

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