

Evidence-Based Pregnancy Care: What You & Your Patients

Presented By: Dr. Brandie Keates

6-hour course

Description:

This dynamic 6-hour course bridges the gap between sports medicine and prenatal chiropractic care. Led by Dr. Brandie Keates, a seasoned expert in pregnancy-focused sports medicine, you'll learn how to treat pregnant patients like the high-performing athletes they are. Using evidence-based strategies, this course covers biomechanics, pain patterns, clinical red flags, and the psychosocial impact of pregnancy-related pain. You'll explore the "Villains of Pregnancy"—a creative, clinical framework for the most common and misunderstood prenatal pain presentations—and gain practical tools to evaluate, manage, and support pregnant patients safely and confidently. Perfect for chiropractors seeking to elevate care for pregnant clients with compassion, clarity, and clinical precision.

SECTION 1, 10-11:45 [1 hr 45 mins]: WHY THIS MATTERS

[comparison to sports chiropractic; meeting patients where they're at; common, not normal]

SECTION 2, 1:45-3:25 [1 hr 40 mins]: LOWER BODY FOCUS

SECTION 3, 3:45-5:30 [1 hr 45 mins]: UPPER BODY FOCUS

By the end of the seminar, participants will be better able to:

- Recognize and differentiate the most common pregnancy-related musculoskeletal complaints using the “Villains of Pregnancy” framework.
- Apply sports medicine principles to evaluate and treat pregnant patients safely and effectively.
- Identify red flags and biomechanical patterns unique to pregnancy that require clinical attention or referral.
- Design evidence-based care plans that integrate functional movement, posture correction, and strengthening strategies for prenatal patients.
- Communicate more effectively with pregnant patients using metaphor, humor, and patient-centered education.

- Understand the psychosocial and emotional dimensions of pregnancy pain and how to offer trauma-informed, inclusive care.
- Integrate key gender and neurodiversity considerations—using tools like the Gender Unicorn—to create safer, more affirming chiropractic environments.

Teaching Method:

- Lecture, Slides, Case Studies and Videos

Course Outline:

Time	Content
10-10:10	Session rules, introduction [1-4]
10:10-10:30	Sports medicine as it relates to pregnancy chiropractic: exploring similarities & merging ideals [5-25]
10:30-10:40	Goals of pregnancy chiropractic [26-29]
10:40-10:50	The Bloom Philosophy of Care [30]
10:50-11:00	“Common, Not Normal” [31-33]
11:00-11:10	Contextualizing pregnancy: [34-36]
11:10-11:25	Gender and sexuality considerations [37-54]

11:25-11:45	<p>Approach to consultation, evaluation, and management of pregnant patient:</p> <ul style="list-style-type: none"> -pregnancy-specific considerations [55-59] -consent & comfort [60-61] -treatment, contraindications & emergencies [62-70]
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SECTION 2: LOWER BODY

Time	Content
1:45-1:55	Introduction to “Pregnancy Villains” [71-74]
1:55-2:40	<p>Low Back Pain & Sciatica [75-89]</p> <ul style="list-style-type: none"> -presentation [75-79] -anatomy [79-81] -treatment [82-85] -exercise [86-87] -stretch [88-89]
2:40-3:25	<p>Pubic Pain [90-99]</p> <ul style="list-style-type: none"> -presentation/anatomy [90-92] -pain pipeline [93-94] -treatment [95-97] -exercise [98-99]

SECTION 3: UPPER BODY

3:45-4:20	Headache Pain [100-111] -presentation [101-103] -anatomy [104-106] -treatment [107-109] -emergencies [110-111]
4:20-4:55	Rib Pain [112-127] -presentation [113-114] -anatomy [115-118] -treatment [119-121] -exercise [122-123] -massage [124-125] -stretch [126-127]
4:55-5:30	Wrist Pain [128-136] -presentation [129-130] -anatomy [131-133] -treatment [133-136]