



ABMMA
– ACADEMY OF BIOELECTRIC –
MERIDIAN MASSAGE AUSTRALIA

COURSE OUTLINE

Level 2 - BMT for Pelvic Health

a course for Remedial Massage Therapists

This hands-on course is open to certified Level 2 BMT practitioners and qualified remedial massage therapists wishing to broaden their scope of practice and understanding of this highly effective modality – Bioelectric Meridian Therapy (BMT).

LEARNING OUTCOMES

In this 1.5 day intensive course, you will gain:

- An understanding of common pelvic region issues that present in the clinic.
- Ability to recognise red flags, contraindications to pelvic treatment and develop suitable referral pathways.
- Understanding from a physiological perspective how the BMT device may contribute to therapy .
- Proficiency in using the BMT device for management of pelvic conditions.

COURSE ACCREDITATION CPD/CPE

Upon successful completion of this course, you can gain professional recognition points with:

- Massage & Myotherapy Australia
- ATMS
- IICT

If you are unsure if Bioelectric Meridian Therapy fits within your scope of practice, please consult your professional association.

COURSE INCLUSIONS

FULL ENROLMENT

If you enrol WITHOUT prior Level 1 BMT training, you will receive:

- ABMMA PRO BMT Device
- Accessories & A 250ml BMT Conductive Gel
- Certificate of Completion

TRAINING COURSE ONLY

If you enrol as a certified BMT practitioner, you will receive:

- Certificate of Completion





PRE-LEARNING ONLINE VIDEO CONTENT

INTRODUCTION TO BIOELECTRIC MERIDIAN THERAPY FOR THE PELVIC REGION

- The Pelvis is a Multitasking Complex Area
- Anatomy & Function of the Pelvic Floor
- Common Dysfunction and Issues Seen Clinically Involving the Pelvic Floor
 1. Obstetric Injury
 2. Types of Incontinence
 3. Prolapse
 4. Pelvic Pain Syndromes
 5. Lumbo-Pelvic Mechanical Dysfunction

IN DEPTH LOOK AT THE NERVOUS SYSTEM

- How BMT Works in the Nervous System
- How BMT works at the Cellular Level

WHY MANAGING PELVIC PAIN & DYSFUNCTION IS COMPLEX

- Why do Pelvic pain issues become chronic?
- The importance of using a Bio-Psycho-Social perspective in managing pelvic clients

THE IMPORTANCE OF DIFFERENTIAL DIAGNOSIS

- Cancer In the Pelvic Region
- Red Flags, Checklists of Symptoms

COMMON PELVIC ISSUES SEEN IN THE CLINIC

- Menstrual/Period Pain
- Endometriosis
- Adenomyosis
- PCOS
- Constipation -Common but Serious
- Irritable Bowel Syndrome- Umbrella Diagnosis
- Bladder Pain Syndrome / Interstitial Cystitis

SENSITIZATION OF THE NERVOUS SYSTEM & PAIN IN PERSISTENT PELVIC ISSUES

- A Whole-Body Perspective Is Required Managing Pelvic Patients
- A Multiple Practitioner Team is Often Required



FACE-TO-FACE SUPERVISED PRACTICAL

The supervised practical component of this course includes the BMT device use for the pelvic region, and Q&A on the pre-reading material.

INTRODUCTION & REVIEW OF PRELEARNING MATERIAL

- Consent
- Complexity
- Precautions and Contraindications

QUADRAPED POSITIONING

MANIPULATION TECHNIQUES FOR BMT STIMULATION

BMT “PREPARATION” TECHNIQUES

POSTEROLATERAL NERVES

- Superior Cluneal
- Medial Cluneal

ANTERIOR PELVIS

- Antero-lateral Cutaneous Nerves
- Psoas “Myths”

ILIOHYPOGASTRIC NERVE

LATERAL CUTANEOUS NERVE OF THIGH

ILIOINGUINAL NERVE

GENITO-FEMORAL & ILIOHYPOGASTRIC NERVES

FEMORAL NERVE

OBTURATOR NERVE

NERVES OF THE DEEP BUTTOCK

POSTERIOR FEMORAL CUTANEOUS NERVE OF THE THIGH

INFERIOR CLUNEAL NERVE



FACE-TO-FACE SUPERVISED PRACTICAL (CONTINUED)

PELVIC FLOOR NERVE ANATOMY

- Male /Female
- Pudendal Nerve
- Gynaecological Surgery Considerations

FREEING UP THE SACRUM TECHNIQUE

SACRO-TUBEROUS & SACROSPINOUS LIGAMENTS

PERINEAL BRANCH OF POSTERIOR FEMORAL CUTANEOUS NERVE

PERFORATING CUTANEOUS NERVE OF THE BUTTOCK

PUDENDAL NERVE

COCCYGEAL & MEDIAL CLUNEAL NERVES

BMT NON-THERAPIST “SHOTGUN” TECHNIQUES

TRANSCUTANEOUS TIBIAL NERVE STIMULATION (TTNS) FOR BLADDER & BOWEL ISSUES

BMT FOR CONSTIPATION

WHAT TO BRING

Students must bring their ABMMA PRO BMT device to the course. Devices are available for hire, this can be arranged by contacting your Course Coordinator.

COURSE BOOKINGS

To book this course, find upcoming dates and how to book at www.abmma.com.au.