

Enhanced Recovery After Delivery Certificate Course

Grow an OB Rehab Program in the Hospital and Home After Birth

Weekend Course Schedule

DAY 1: Saturday 2025

MOUNTAIN STANDARD TIME

8:00 – 9:00 AM	Check-in Intro to Perinatal Rehab
9:00 – 10:00 AM	Pregnancy Anatomy and Physiology
10:00 – 10:15 AM	BREAK
10:15 – 11:15 AM	Maternal Health Rehab Statistics
11:15 – 11:30 AM	LAB OB Rehab Case Discussion
11:30 – 12:00 PM	Perinatal Care Team Collaboration
12:00 – 1:00 PM	LUNCH
1:00 – 2:30 PM	High-Risk Maternal Rehab Conditions
2:30 – 3:30 PM	LAB Antepartum Rehab Interventions
3:30 – 3:45 PM	BREAK
3:45 – 4:15 PM	Perinatal Loss and Maternal Mental Health
4:15 – 4:45 PM	LAB OB Rehab Case: Perinatal Loss
4:45 – 5:00 PM	Wrap-up Q&A

DAY 1: 8 Contact Hours



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DAY 2: Sunday 2025

MOUNTAIN STANDARD TIME

8:00 – 8:30 AM	Check-In
8:30 – 9:30 AM	Rehab Evaluation: Vaginal Birth
9:30 – 10:30 AM	LAB Vaginal Birth Rehab Interventions
10:30 – 10:45 AM	BREAK
10:45 – 11:30 AM	Rehab Eval: Cesarean Section Birth
11:30 – 12:00 PM	Wound Healing and Lymphatics
12:00 – 12:30 PM	LUNCH
12:30 – 1:30 PM	LAB Cesarean Section Rehab Eval/Treat
1:30 – 2:00 PM	OB Rehab Case Studies
2:00 – 2:15 PM	BREAK
2:15 – 3:00 PM	Group Presentations
3:00 – 3:30 PM	Review and Wrap Up

DAY 2: 7 Contact Hours

Total Contact Hours: 15 Hours

Upon completion of the course evaluation and an 80% or greater passing score on the course quiz, participants will receive a CEU certificate of completion with their name, contact hours, and course date.