

Enhanced Recovery After Delivery®

Grow an OB Rehab Program in the
Hospital and Home after Birth
15-hour Hybrid Certificate Training



ERAD® 15-Hour Certificate Training Curriculum and Schedule

Enhanced Recovery After Delivery® (ERAD®) is an obstetrics clinical pathway that maximizes mental and physical function during pregnancy and immediately postpartum. ERAD® prepares rehabilitation professionals to prioritize early maternal function in the hospital, home, virtual, and community settings. The 15-hour ERAD® Certificate Training satisfies part 1 of the Perinatal Health Specialist Certification (PHS-C) Program. The PHS-C is the only certification in the world that expands access to Occupational and Physical Therapy in the hospital and home during pregnancy and immediately after birth. The ERAD® hybrid curriculum is split into 4 sections:

1. Perinatal Rehab Practice Development	2. High-Risk Perinatal Rehab	3. Postpartum Rehab: Hospital to Home	4. In-Person Perinatal Lab
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1. Perinatal Rehab Practice Development	Description	CE Hours
Program and Professional Development Consultation	1:1 meeting with ERAD® instructor and/or program director	0.75
Intro to Perinatal Rehab Practice Across Settings	Self-Paced Learning: Perinatal rehab practice background and review of current initiatives that support early rehab intervention in maternal health	1
Continuing Education Hours		1.75

2. High-Risk Perinatal Rehab	Description	CE Hours
Maternal Health Anatomy, Physiology, Statistics, and Care Team Collaboration	Review of pregnancy and postpartum anatomy, physiology, maternal health statistics, and labor and delivery medicine on birth outcomes	2.5
High-Risk Perinatal Conditions and Antepartum Interventions	Rehab considerations for perinatal diagnoses including fetal conditions contributing to mental health and physical activity concerns, high-risk admission, and maternal morbidity	1.5
Maternal Mental Health and Perinatal Loss	Review of maternal mental health evaluation and treatment across settings and long-term impact of perinatal loss on roles, routines, and identity	1
Continuing Education Hours		5.00

3. Postpartum Rehab: Hospital to Home	Description	CE Hours
Evaluation and Treatment after Birth Across Settings and Breastfeeding Interventions	Rehab assessment and treatment of vaginal and cesarean delivery types, complications, and postpartum recovery strategies	2
Continuing Education Hours		2

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4. In-Person Perinatal Lab	Description	CE Hours
Head to Toe Functional Screen	Head-to-toe functional screening and intervention focused on cervical, shoulder girdle, thoracic, rib cage, and abdominal mobility, integrating manual techniques and movement assessment to support breathing, postural control, and functional task performance.	1
Pelvic Girdle and Coccyx	Functional assessment and intervention of pelvic girdle pain using diagnostic criteria, external pelvic floor function, sacroiliac joint and coccyx motion testing, and stabilization strategies to support safe mobility, transfers, and daily task performance.	0.5
Hip, Knee, Ankle, and Foot Functional Mobility	Assessment and intervention of lower extremity mobility using supported hip, knee, and ankle movement strategies to improve functional transitions, weight shifting, and tolerance for standing, walking, and caregiving tasks.	0.5
Functional Movement Pattern Screen	Observation and coaching of foundational movement patterns including squat, hinge, push, pull, and rotation with perinatal precautions to assess movement efficiency, safety, and functional task readiness during pregnancy and early postpartum recovery.	1
Birth Movement Menu	Instruction and practice of adaptive positioning and partner-assisted movement strategies to support functional participation during pregnancy, labor, and early postpartum recovery.	0.75
Postpartum Early Interventions	Early postpartum abdominal and bowel interventions to support self-care, toileting, mobility, and recovery after birth.	1.25
Perinatal Rehab Group Case Study Assignment and Quiz	Small-group clinical reasoning and assessment to prioritize evaluation findings and design functionally relevant intervention plans.	1.25

Continuing Education Hours **6.25**

ENHANCED RECOVERY AFTER DELIVERY® TRAINING TOTAL: 15 HOURS