

# *Prenatal Massage*

The practitioners at Wellspring Studio will provide relaxation massage technique following accepted guidelines and with the intent to enhance the mother-to-be's overall prenatal experience.

The following information will help you and your primary caregiver decide if prenatal relaxation massage will be of benefit.

Pre-natal massage is not recommended during the first trimester. The first three months is a time of major changes for mind and body. Many women suffer from morning sickness, in the morning, afternoon and evening. During the first trimester the chance of miscarriage is at its highest. The safety and comfort of our clients is our primary concern.

During the second trimester many pregnant women experience low back pain. The gentle massage techniques we use will help keep the lower back muscles, as well as, the thighs, gluteals and other muscles loose and stress free. Late in the second trimester many pregnant women begin experiencing fluid retention, also called edema. The massage techniques used will help to effectively move edema out of the soft tissues. An added benefit is the mental stress relief benefits of relaxation massage.

Relaxation massage is especially beneficial during the third trimester. The muscles will be tremendously worked and stretched during birth. Massage increases blood supply to the muscles, keeping them more supple and healthy.

Frequency of prenatal massage sessions is often dictated by time and/or financial constraints. The general recommendation is every other week beginning in the second trimester, and weekly as the third trimester progresses.

## Equipment

Wellspring Studio practitioners will use a specially designed prenatal massage table. Features of the table include a belly cut out with adjustable support sling, breast cut out to alleviate the discomfort of breast tenderness and the ability to adjust slant of table to offset concerns of supine hypotensive syndrome. If the use of a pre-natal table is not recommended or preferred, massage can be performed with client in side lying position. All effort will be made to personalize each session as pregnancy advances.

## Precautions

If you experience any unusual symptoms during or anytime after the relaxation massage, it is important to inform the practitioner and the primary caregiver.

## Doctor's Release

\_\_\_\_\_ (Client Name) has my approval to receive relaxation  
massage

- up to the recommended number of sessions beginning in the second trimester
- OR** by the following schedule:

- \_\_\_\_\_
- Use of the prenatal table is approved
  - OR** side lying position is recommended

**My Signature verifies the above named client is past her first trimester and in good general health.**

\_\_\_\_\_  
Doctor's Signature