

NOVEMBER, 2022

EUROPEAN ESTHETICS

BENEFITS OF MASSAGE DURING PREGNANCY

Pregnancy Massage Benefits include:

- Alleviating back + leg pain
- Reducing labor pain during childbirth
- Lessening postoperative pain
- Reducing anxiety + stress
- Improving mood + lifting depression
- Easing insomnia

NOTE: WE ONLY OFFER
MASSAGE AFTER THE FIRST
TRIMESTER



Research dating back two decades began to confirm the benefits of massage therapy during pregnancy, with a 1999 study in the *Journal of Psychosomatic Obstetrics & Gynecology* finding reduced anxiety, improved mood, better sleep and less back pain among expectant mothers who received massage twice weekly for five weeks. Additional early research added even more insight into massage's role in facilitating a healthier pregnancy. In addition, massage therapy has been shown to play a critical role in newborn care. Clinical trials indicate that infants born to mothers who had massage therapy had lower cortisol levels, better neonatal outcomes and fewer incidences of low birth weight and prematurity.

Our massage therapist Sally Paquette has been educated in Prenatal Massage and will take in account that morning sickness, heartburn, low back pain, varicose veins, edema and gestational diabetes will need an adaptive approach in the treatment.

Pregnancy complications which are contraindications to massage are pre-eclampsia and placenta problems (including previa, accreta or abruption): Massage may be performed in affected clients with a doctor's permission only. With deep vein thrombosis (DVT) the massage should be postponed until it resolves, in addition to a doctor's approval.

Obviously positioning for pregnant clients is important. The side-lying position is recommended by doctors and midwives to help ensure placental and fetal circulation, and the left side-lying position is safest since it allows maximum cardiac function and fetal oxygenation.

Sally employs a wide variety of massage strokes on pregnant women, including petrissage, effleurage, compression, feathering, gentle stretching, lengthening, and cranial sacral therapy. Other techniques that address the varied structures of the body are probably going to be the most beneficial, including deep tissue, myofascial work, active and passive stretching, neuromuscular trigger point work and various types of rhythmic movement.

Source: www.amtamassage.org