

Benefits of Prenatal Massage

- Relief of muscle tension, spasms, and cramps, specifically in the low back, upper back, shoulder, and neck areas.
- Reduces stress on weight-bearing joints.
- Gestation process is enhanced through increasing blood circulation, lymph circulation, reducing edema, and increasing cellular respiration.
- Stimulates glandular secretions, which helps stabilize hormone levels.
- Enhances body awareness around better posture to lessen discomfort.
- Assists with body mechanics and movement during structural changes happening with the body.
- Supports birth process by relaxing muscles, especially muscles involved in labor and birth.
- Helps maximize breathing capacity needed for labor and delivery.
- Enhances the pliability of skin and underlying tissues.
- Eases anxiety and stress during time of transition.
- Gives emotional support and nurturance.

Contraindications of Prenatal Massage (some may be okay with physician approval)

Specific to Pregnancy

- Gestational Edema Proteinuria Hypertension (GEPH)
- Gestational Diabetes (excessive hunger and thirst; increased urination in 2nd trimester; sugar in urine, no non-pregnant diabetes)
- Early labor, miscarriage threat, previous multiple births, placental or cervical dysfunction
- Mothers under age 20 or over 35
- Suspected RH Negative or other genetic problems
- Pre-eclampsia or Eclampsia (persistent severe headaches; persistent severe back pain unrelieved by change of position; severe nausea/vomiting; systemic edema; pitted edema, increased blood pressure; visual disturbances; convulsions)

Other Contraindications

- Bloody discharge
- Continual abdominal pains
- Sudden gush or leakage of amniotic fluid
- Incompetent cervix
- Severe anemia
- Sudden, rapid weight loss or gain
- Increased blood pressure or chronic hypertension
- Fever
- Diarrhea
- Excessive swelling in arms or legs
- Increased or decreased fetal movement over a 24-hour period
- Urinary Tract Infections
- Cardiac disorders and heart disease
- Asthma
- Lupus Erythematosus
- Phlebitis
- Thrombosis
- Other clotting conditions
- Any liver, kidney, or spleen compromise or infection
- Local massage over severe varicose veins and inflammation (due to clotting risk)