

What is Pregnancy Massage?

As you know, pregnancy is a time of many major structural, physiological, psychological, spiritual and social changes. Some of these changes can produce discomfort and concerns. Massage is beneficial throughout the nine months of pregnancy. Massage is recommended once a month through the seventh month, every other week during the eighth month and weekly until delivery. Massage can also help women during labor to be more comfortable causing changes in the woman's attitude, her pain perception and her labor physiology.

One of the most common complaints for a pregnant woman is pain in their backs. As you read further, you will find all the possible benefits of massage when used in conjunction with your health care.

Benefits

- Reduces stress and promotes relaxation
- Relieves muscle spasms, cramps, and fibrosis
- Reduces and alleviates neck, back, and joint pain caused by posture, muscle weakness, tension, extra weight, or imbalance
- Provides emotional support and physical nurturing, particularly for those alone, either literally or by the emotional absence of the partner
- Alleviates stress on weight-bearing joints and musculo-fascial structures (sacroiliac joint, mid-back and lumbar spine, hips)
- Increases blood and lymph circulation and supports the physiological process of gestation, by supporting the work of the heart, increasing cellular respiration, reducing edema, and contributing to sympathetic nervous system sedation
- Reduces the possibility of problems with swelling, varicose veins and leg cramps
- Relieves tension, fatigue, and headaches, soothes nerves to help with sleep problems, and possibly reduce blood pressure through relaxation and stress reduction
- Encourage deeper, easier breathing
- Develops sensory awareness and relaxation necessary for childbirth
- Prepares the pregnant woman for the positive nurturing touch of her newborn

What to Expect

Prior to your session you will fill out a Client Information Sheet detailing areas of complaint, pain or tension, and any medical conditions that would require a modification in my massage technique. It is important to notify the massage therapist of any complications with your pregnancy. The massage therapist may request a note from your physician to approve massage therapy. This is for the safety of yourself and child.

A thorough massage session will take one hour. You will be comfortably supported in a side-lying position with pillows and properly draped. (The side-lying positioning is the safest, offers the greatest comfort, and increases blood flow to the heart.) Only the body part being worked on will be exposed. The room will be comfortable in temperature, with soft music playing in the background.

Why Should Women Receive Post-Partum Massage?

Massage can facilitate recovery from birth trauma, especially if the birth was physically or emotionally stressful, through enhanced circulation and lymphatic drainage. Massage can alleviate muscle strain or soreness caused by labor. Massage and exercise can address the skin, connective tissue, and muscles of the abdomen to restore the elasticity and tone of the abdomen. Massage will assist in regaining appropriate posture and give women the opportunity to process the birth experience.

My office is in a quaint old house, in downtown Barrington. Our clients feel they are coming into our home, warm and friendly. Take advantage of the discount coupon and call for an appointment. I look forward to working with you!

Warmly,

Trish Irwin