

THE BENEFITS OF PREGNANCY MASSAGE:

- KEEPS MOTHER & CHILD FIT
- ENHANCES BONDING
- SUPPORTS WORK OF HEART
- REDUCES EDEMA
- RELIEVES STRAIN ON WEIGHT BEARING JOINTS
- MAINTAINS MUSCLE TONE
- RELAXES MOTHER & CHILD
- RELIEVES MUSCLE STRAINS
- RELIEVES SCIATIC PAIN
- REDUCES SINUS CONGESTION



“Pregnancy is the only time God asks for help in performing a miracle.” (Erma Bombeck)

POSTPARTUM MASSAGE:

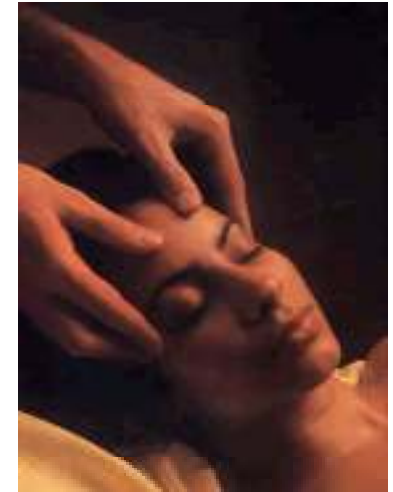
(SIX WEEKS AFTER DELIVERY)

- **REQUIRED:** Permission Form Signed by Doctor
- Wonderful Stress Relief
- Promotes Spinal Alignment
- Realigns Pelvis
- Restores Abdominal Muscles
- Speeds Incision's Healing
- Reduces Scar's Fibrous Buildup
- Minimalizes "Baby Blues"
- Helps To Shrink Uterus

RESOURCES USED FOR BROCHURE:

- "Lady-in-Waiting" Workshop
Madeline L. Dusky,
BS, PN, CLMT, Instructor
- Pre and Post-Natal Massage Therapy
Carole Osborne Sheets 1998
 - Mother Massage
Elaine Stillerman LMT 1992

The Gentle Art of Pre-Natal Maternity Massage



Created by
Roger Werstler, LMT

Nationally Certified Therapist
In the art of Maternity Massage 2006

Certified in Pre-Natal Massage at Ohio
College of Massotherapy
2006

FIRST TRIMESTER (WEEKS 1-13)

The doctor's written permission is required before any massage can be performed. Treatments are focused on providing relief for fatigue, nausea, and physiological adjustments. Techniques are from a joint agreement of the mother, her doctor, and the therapist. Massage sessions should be scheduled when you are least nauseated and most comfortable. Once a month is a good start.

No deep tissue work will be performed at this time. Under no circumstance will your abdomen be massaged now.

CONTRAINDICATIONS TO MASSAGE:

- Morning sickness, nausea, or vomiting
- Vaginal bleeding or discharge
- Fever
- Decreased fetal movement for 24 hrs
- Diarrhea
- Abdominal pain
- Excessive swelling in arms or legs

SECOND TRIMESTER (WEEKS 14-26)

Your baby has grown from microscopic to a 3-inch fetus weighing 1 ounce with developing body, eyes, ears, and a beating heart. Baby's heart is strong. Nausea and fatigue have passed. The LMT's role is to ascertain your needs, working on the particular muscles affected now. Mother feels first movements and hears her baby's heart. Baby will grow to nearly 11 inches and weigh about a pound. Your posture adjusts to this increase in weight and the shift in her center of gravity. Your uterus now reaches your umbilicus. Abdominal and lumbar muscles will become fatigued. Now gentle abdominal massage can help take pressure off the pelvic wall. You will rest on pillows at a 45-degree angle for the first half hour of massage as your face, neck, shoulders, arms, & legs are easily treated here. For the 2nd 30 minutes you will be lying on your side for work on your back and hips. These positions are designed to respect the safety and well being of both mother and baby. Body pillows will be added. Visits twice a month are the ideal.

THIRD TRIMESTER (WEEKS 27-40+)

Massages once a week are ideal now. Baby's weight has doubled and its heart is pumping 600 pints of blood daily. Because by the 7th month all of baby's senses are developed, both mother and baby respond to the therapist's touch. Everything affecting mother affects baby. You are truly on a dance together. Because your rib cage is being pressed by the uterus, you will be experiencing difficulty breathing. Backaches are especially common in the sacroiliac area making walking more difficult. Inner organs compressed by the enlarged uterus increases soreness and indigestion. Increased intestinal fluid volume results in swollen ankles, but massage can decrease minor swelling. Special attention will go to the your feet. The use of lavender and chamomile will promote relaxation. By now the uterus has grown to 5 times its normal size and 20 times its normal weight. The fertilized egg, which started this wonderful adventure, has increased in size five billion times. The miracle is complete.

YOUR BABY IS BORN.