

# DOWNLOAD PDF CONTRAINDICATIONS AND PRECAUTIONS OF PRENATAL MASSAGE

## Chapter 1 : Contraindications &“ Massage Therapy Center

*Prenatal Massage massage in different from the normal massage therapies in many ways. a woman is provided with many facilities like proper table along with pillows and many other things that need.. Read what are the prenatal massage contraindications.*

Hence massaging helps in relieving many problems like edema, insomnia, headaches and many other symptoms noticed during pregnancy. Such problems are caused due to the poor blood circulation and massaging causes a positive effect on the body. Prenatal Massage can really be relieving. The areas to be massaged are back area, legs, hands and neck. How much Weight During Pregnancy? Some women even gently massage their abdominal areas Some of them believe that massaging the abdomen area causes the fetus to sleep. Leg massage reduces the problem of leg pain and also reduce the chances of edema or swelling that is caused to the ankles. But, before beginning to massage, you should consult a physician. Some physicians suggest to avoid massaging during the first three months of pregnancy. But still, most of the women have found it very beneficial and feels very comfortable when she is massaged. If you have history of recurrent abortions First Trimester Precious pregnancy, if you have conceived too late and after many attempts If your baby has been sick Pregnancy along with uterus tumors Triplets and above Placental abnormality Rh incompatibility The list of prenatal massage contraindications is not exhaustive. You must confirm about any underlying abnormalities from your doctor prior. There are some precautions a woman should take before starting to massage. Never massage her body in the first trimester. It may increase the chances of miscarriage. Massaging requires a proper technique and before joining any therapist make sure that she or he is trained by a expert medical professional. If the therapist is new, then he is made to massage only in the presence of an expert supervision. Never massage on areas like scars, open sores or any other areas which was met with injury earlier. After completing 20 weeks of pregnancy never lie down on your back because it can harm your uterus. There are some oils which a woman can apply to her body during her pregnancy such as Mandarin, Neroli, Tangerine, Lemon, Geranium, Sandalwood and tea tree. Today most of the women prefer massaging and they consider the massage therapy as the most effective form of cure during pregnancy. When they get massaged, they feel as if they are being pampered. How to get rid of fishy Vaginal Odor Benefits of Prenatal Massage or Pregnancy Massage During the time of pregnancy, the muscles get weaker and hence pain is caused to most of the body parts such as back, neck, leg, etc. The therapy of massage is so effective that it maximizes the chances of normal pregnancy. There are many other advantages of massage therapy. It reduces the problem of hyper tension and improves the blood circulation process in the body. During the time of pregnancy many hormonal changes takes place. By lightly massaging her body, you can reduce the discomfort feeling from her. Massaging brings a soothing effect on the woman. So far many women who were experiencing back aches, leg pain, and swelling have already experienced relief No any other therapy works so wonderfully as massaging. As massaging has a direct effect upon the lymphatic systems it reduces the chances of edema or swellings to a larger extent. Many woman face the problem of muscle cramps during their pregnancy and this problem can be reduced very quickly. Probable Signs of Pregnancy Most of the pregnant woman fear the process of labor as it is very painful. If she is provided a massage during her pregnancy, the tissues in her body become more flexible and soft and therefore the process of labor becomes easy. During the time of massaging, she feels a lot of emotional support also. Before starting any massage therapy to a woman, they study the shape of the woman thoroughly. Her body shape and body weight play a very important role in deciding the type of massage therapy. There are certain parts of the body which should not be massaged. There are some techniques for massaging a pregnant woman. Special tables are brought into the room and they are constructed in a particular way that a woman will feel comfortable to be in a particular position. The room that is used to massage the woman should be quiet, dark and cool. The room should also contain one padded table. For a woman, music therapy can also work very effectively. She should be made to listen to the type of

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music she likes and feels soothing for her. Even clothing is an important factor while massaging. Any person who has learnt massaging must have a certificate offered by the physician. If she is not given right type of clothing, it can again cause skin disorders for her. It starts after she has completed twenty four hours of delivery. This therapy can be done by the partner also. If the massage therapy is performed by her partner, obviously she feels very relieved and comforted because massage is a form of touch to the body with love. When the male massages his partner he is most likely to win love over the unborn child. Obviously, a woman would like a touch that involves so much of love. Advantages of massaging during pregnancy: It provides relief on the stress-bearing areas like ankles, joints and knees. Reduce the risk of pre-mature births. It eases the mother from depression. Maintains a proper position of the foetus. Improves the mood swings if he is just massaged for 15 to 20 minutes a day. It reduces the risk of post-natal complications. Prenatal Massage massage is different from the normal massage therapies in many ways. She must be given special care because she is carrying a baby into her womb.

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## Chapter 2 : Prenatal Massage

*Pregnancy massage is a catch-all term for any hands-on massage during or after pregnancy (prenatal or postnatal massage). A pregnancy massage typically lasts an hour. Some practitioners use a.*

Elements Massage Park Ridge Mary Lou Soto, Licenced Masssage Therapist Sep 19, Some massage therapists are taught to avoid massaging a pregnant client during the first trimester because it is believed to be dangerous. Many are concerned about causing or being associated with a miscarriage that might occur, since the first trimester is known to be the time of greatest risk for miscarriage. All of these concerns are unfounded. The first trimester is a time of great changes on many levels, all the more reason for receiving nurturing touch to help a mother integrate the changes that are occurring. There is no research that indicates that massage has caused toxic overload in a pregnant person thereby miscarriage. Therapists are aware that massage can stimulate circulation and help flush metabolic waste into the circulatory system. Acknowledging this effect, many therapists are trained to work less intensely, encourage clients to drink water and inform about soreness. Miscarriage is extremely common during the 1st trimester, yet it occurs whether women are massaged or not. Massage has never been clearly implicated legally or scientifically as a cause of miscarriage. In the majority of cases, miscarriage occurs because the fetus is nonviable. Touch to the abdomen , unless intentionally harmful, does not hurt the baby or the mother. The uterus during the first trimester is low in the pelvis and is not palpable without deep abdominal pressure which is generally contraindicated during pregnancy. Instead, nurturing touch to the abdomen can be extremely relaxing for the mother, and most women feel that the baby is responding in a positive manner if she or he wakes up and starts moving during a belly rub. While miscarriages do occur frequently in the first trimester, it is rarely a reason to avoid massage. It is appropriate to use precautions if a mother has a history of 3 or more consecutive miscarriages in the first trimester or is currently having miscarriage risks. In this case, while a full body Type 1 deep massage might be contraindicated, nurturing energy work and soothing, gentle massage can still be beneficial. A medical release is highly recommended for clients with this type of history. Massage to the legs, feet and belly during the first trimester does not cause miscarriage. There are acupressure points in the lower legs and feet that are contraindicated for acupressure and acupuncture, but general massage to these acupressure points areas will not stimulate them similarly. The first trimester is a time when a woman often experiences enormous fatigue, confusing emotions and a flood of new sensations as her body surges with hormones. Massage can actually be a wonderful tool to help your client feel more unified and grounded in her experience of pregnancy. Bodywork is not a cause of placental dysfunctions or fetal anomalies. Massage in the first trimester should not generally be exceptionally deep and stimulating if it is a first time. It should not be avoided due to nausea as many studies indicate massage can help to reduce nausea. Usually, massage during the first trimester can help decrease anxiety and help a woman relax, have focused time to process the fact that she is pregnant, and offer her a wonderful way to enter into her new pregnancy. First trimester bodywork has some other considerations to keep in mind. A health history is always important to obtain. Deep abdominal work is contraindicated. But for the majority of women, nurturing touch and manual therapy during the first trimester can offer wonderful musculoskeletal and circulatory benefits as well as comfort, reassurance, and relaxation that should not be missed. Imagine a place dedicated to helping you be the very best version of you. Where everything is done just for you, by hand, exactly the way you imagined.

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### Chapter 3 : Pregnancy Precautions | [blog.quintoapp.com](http://blog.quintoapp.com)

*While it seems obvious that pregnancy would be the perfect time for a soothing massage, there are a number of contraindications that should be considered first. Acupressure and Reflexology Acupressure and reflexology are two types of massage that focus on pressure points on the body and the hands and feet, respectively.*

Pregnancy Massage August 15, The more we start to understand about the benefits of massage therapy, the more opportunity opens up for massage therapy professionals in a wide variety of environments. These changes have significant ramifications for how we can most safely and effectively support these clients. Usually this is performed when a complication or high-risk situation occurs. Osborne explains that many women look for community during pregnancy, seeking out support. Particularly for massage therapists who specialize in working with pregnant women, the lines might blur because you have additional knowledge about pregnancy. Is a midwife or a doctor better? For example, you might have a client who comes in with back pain and you schedule an hour but spend 90 minutes in the session, or you have a client who is on bed rest, so you travel to her home. Positioning When working with pregnant women, positioning becomes critical. As a prenatal massage therapist, you have to learn to position your clients with pillows, cushions and bolsters so that your clients will be extremely comfortable. For Heckheimer, and many others, marketing is one of the biggest challenges of opening and maintaining a prenatal and postpartum massage therapy practice. From the homepage, Heckheimer has clear links that direct visitors to important information, ranging from the benefits of massage during pregnancy to frequently asked questions to her biographical information. These relationships can be successful in helping other health care professionals better understand the benefits you can offer, and although they may take some time to establish, you can end up being the provider of choice for a hospital, for example. Osborne knows a massage therapist whose client raved about her experience with her to her obstetrician, prompting the obstetrician to ask some questions and refer more of her patients. The doulas that I know that are also massage therapists do very well. For example, Osborne suggests massage therapists might be able to do a segment during a childbirth education class, demonstrating techniques that a partner can use to help. So, take some time to really think about your professional goals and how maternity massage fits into your vision. Both male and female massage therapists working with women in labor, particularly, are going to have to deal with outcomes that can be both joyous and traumatizing. Schedule One glaring exception to keeping a regular schedule in maternity massage is if you decide to work with women during labor. During this time, you might be called after normal business hours, and the work might involve being with the client for many hours, maybe a day or more. Massage Therapy for Health Conditions.

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## Chapter 4 : What Are Pregnancy Massage Contraindications? | Healthfully

*Pregnancy Massage Contraindications admin During pregnancy a number of bodily changes occur as red blood cells count increases within a pregnant woman resulting in a heightened sense of smell, development of spider veins and an increased level of exhaustion as the weight increases and baby grows.*

She produces more blood, has an increased tendency for edema, her sense of smell is heightened, spider veins can develop and, as the baby grows and her weight increases, she is easily fatigued and begins to experience a wide range of aches and pains. While it seems obvious that pregnancy would be the perfect time for a soothing massage, there are a number of contraindications that should be considered first. Acupressure and Reflexology Acupressure and reflexology are two types of massage that focus on pressure points on the body and the hands and feet, respectively. Historically, acupressure and reflexology have been contraindicated on the pressure points associated with the ovaries and uterus. Blood Clots Pregnancy disrupts normal blood circulation. Because of the risk of dislodging a blood clot during massage, only gentle pressure is indicated during a pregnancy massage. Breast Stimulation In women with a risk of pre-term labor, massaging the breasts should be avoided, as stimulation can induce uterine contraction. Cramping or Bleeding Massage is contraindicated for pregnant woman who are experiencing cramping, bleeding or abdominal or pelvic pain. Essential Oils Used in Massage Most essential oils are contraindicated during the first trimester of pregnancy simply because pregnant woman are prone to nausea. Earthy Family includes frankincense and melissa as essential oils to avoid during the first trimester, and 22 other essential oils to avoid during the entire pregnancy. High-Risk Pregnancy Certain pregnancies are considered to be high risk. Improper Positioning Leslie Stager notes that improper positioning during pregnancy can cause complications for both the baby and the mother and cautions against improper positioning on the massage table. Complications include ligament strain, leg cramps and fainting. Miscarriage During the First Trimester The majority of miscarriages occur during the first trimester of pregnancy. Leslie Stager reports that massage during the first trimester of pregnancy is historically contraindicated. Vein Considerations Leg massage of a pregnant woman suffering from thrombophlebitis or deep vein thrombosis should never be performed due to the risk of releasing a blood clot. Massage is further contraindicated for women with a history of embolism, or on a varicose vein. Yoga and Range of Motion The National Center for Complementary and Alternative Medicine notes that certain yoga poses are contraindicated during pregnancy. A massage that incorporates those poses or range of motion exercises should be avoided. Contraindicated Massage Modalities While massage can lessen the aches and pains associated with pregnancy, there are a number of techniques and modalities that should be avoided so as not to put the mother or baby at risk.

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## Chapter 5 : Prenatal Massage Contraindications | HealthPam

*Pregnancy Massage Contraindications and Warnings High Risk Pregnancies Do not proceed without written release of physician. Diabetic Mother Cardiac Disorders- heart disease Chronic Hypertension Previous Problem in Pregnancy - previous miscarriage Mothers under 20 or over 35 Asthmatic Mother Suspected RH Negative Mother or other genetic problems Drug addictions or exposure to drugs Previous.*

Is it a regular necessity or a luxury to be had as something special? Whichever your answer to this question is, consider having massage during pregnancy, it is highly beneficial. Is Pregnancy Massage something special or is it an ordinary massage? Actually, it can be different – the main thing is there should be any kind of manual massage applied during pregnancy prenatal or after delivery postnatal. Generally, it requires a special sort of table, one suitable for a woman with a big belly. The woman must be comfortably ensconced on one side – it is especially important during the last three months of pregnancy. To provide a better body position practitioners use tubular bolsters for propping. What makes Prenatal Massage so beneficial? Unfortunately, pregnancy massage has attracted only a handful of studies, it is still waiting for extensive research. Supposedly, it is a very beneficial procedure, more beneficial than we know. So far only a University of Miami School of Medicine study reveals that this therapy may produce positive influence – namely: There was also a study of the effects of massage in depressed women, and it states that there are more good effects: Many other benefits, yet undiscovered, can be expected from Prenatal Massage as well. It is supposed to mitigate painful sensations, strengthen the immune system thereby diminishing the possibility of virus infections. Are there any precautions to be taken? Prenatal Massage, just like other pregnancy therapies, requires a consultation with the prenatal care provider. There are many issues to consider, so choose a reliable professional and inform them of your health conditions so they can choose the type of massage accordingly. How is it better to position myself for massage? Mostly pro masseurs believe that a pregnant woman should be lying on her side. This position requires some additional arrangements. If the hole is too big, the abdomen may dangle, and the uterine ligaments may stretch, which is to be avoided. So, before you sign in for the massage, you are advised to discuss the question of the massage position well in advance. Not just any masseur, right? You should make sure that your therapist is certified for prenatal care. Common national massage standards that many professionals adhere to are not enough. Your masseur should be well up in specific pregnancy massage knowledge and skills. They must know which positions are safe and which are not, and why; how to avoid putting strain on the uterine ligaments; keep an eye on varicose veins and know the symptoms of possible blood clots. All these are vital for your healthy pregnancy. Besides, a would-be mother should know when they can have massage only at the say-so of the health care provider. The conditions that indicate a bad necessity of a consultation are as follows:

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## Chapter 6 : Dispelling the Myth of Avoiding First Trimester Massage

*Course Goals: This continuing education course is intended to instruct the professional through a self-paced study on preconception and the physiology of pregnancy, and precautions of prenatal massage in high risk pregnancies.*

**Start With the Basics** Pregnant women have a very sensitive sense of smell. Even a pleasant scent can cause discomfort, headache, or nausea. Go easy on the fragrance sprays, potpourri, incense, and open product containers in your workplace. As her pregnancy advances to the second and third trimesters, your client may find certain physical positions challenging. After the first trimester, use a semireclined position. This way the growing baby is not resting on the abdominal aorta and inferior vena cava, which may cause fluid to accumulate in the lower extremities. Diane Davies, a licensed cosmetologist and esthetician from Woodstock, Connecticut, offers her pregnant clients water immediately after a facial to flush metabolic wastes freed from tissue out of the system. Another tip for a client in the later stages of pregnancy is to limit treatments to thirty minutes or less as she copes with frequent trips to the restroom. **Thorough is Better** Do a thorough health intake and ask your client to update you on any medical, skin, or allergy changes at each visit, including through the breastfeeding period. **Banishing Blahs** Facials can help a pregnant woman feel better about her changing physical appearance and foster a positive attitude. Davies says there is no one-size-fits-all facial for this client, but the usual rules about skin typing still hold. Anifa Cazimoski, licensed esthetician at Faces Plus in Wayne, New Jersey, recommends a facial every six to eight weeks during pregnancy to rebalance and moisturize the skin. For home care, she advises a simple routine of cleansing, toning, and gentle exfoliation. As pregnancy progresses, oil production usually increases, although sometimes dryness may occur along with scaling and itching. In severe cases, an itchy rash may develop that necessitates intervention by a dermatologist. **Product Perils** The developing fetus is susceptible to adverse effects from harsh chemicals, particularly in the first trimester, according to Julia Tatum Hunter, MD, of Beverly Hills, California. Additionally, vitamin A, retinols, teratogenic agents, and even antihistamines can be harmful to a developing fetus, Fox says. **Essential Knowledge** Essential oils can soothe many of the discomforts of pregnancy, and there are a few applications an esthetician untrained in aromatherapy can safely use. Stick to therapeutic-grade essential oils in small amounts. For example, use a small amount of lavender or mandarin in a mist six drops per one ounce of water, added to a steamer one drop, or in scenting facial towels one drop added to the hot towel cabinet. Among the essential oils that should be avoided by the unschooled practitioner are basil, camphor, cedarwood, cinnamon bark, hyssop, jasmine, myrrh, pennyroyal, peppermint, rosemary, sassafras, sage, thyme, savory, and wintergreen. Be sure to check product labels for any essential oils that might be blended into common products. Most often it is camphor oil. **Under the Sun** While sun protection is a high priority with skin care professionals, prudence is necessary when recommending a sunscreen to pregnant clients. Check with the manufacturer to ensure these easily absorbable products are appropriate during pregnancy. These warnings, in conjunction with standard sunshine precautions, may tempt a woman to use self-tanning products. Although no evidence exists to discredit these products, Fox frowns on their use during pregnancy. **Procedure Precautions** Elaine Sterling, assistant director of education at the International School of Skin and Nailcare ISSN in Atlanta, emphasizes little evidence exists on the safety of certain procedures and products for pregnant clientele. The use of galvanic and high-frequency machines is not recommended since these therapies push product into the skin. **Spread the Joy** Offering mother-to-be gift packages on your own or by teaming up with other practitioners, such as massage therapists, can be a win-win-win, while providing a thoughtful, easy-to-buy shower gift friends and family will enjoy giving. Gift certificates are one option, or work with a florist to create a gift basket with a coupon or certificate tucked inside.

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## Chapter 7 : Renewed Spirit - Indications & Contraindications for Massage

*Prenatal Massage, just like other pregnancy therapies, requires a consultation with the prenatal care provider. There are many issues to consider, so choose a reliable professional and inform them of your health conditions so they can choose the type of massage accordingly.*

Pomegranate the Ancient Red Goddess! This red beauty represents global symbolism and history ranging from righteousness, prosperity, and fertility. With over varieties of pomegranate it is one of the oldest known medicines to man. Ancient Greek healers would use pomegranate juice to manage health problems similar to arthritis, circulation problems, digestive disorders, and infections. And to add to the wonders of the pomegranate, the fruit was also involved in ancient beauty concoctions. Today with our growing beauty culture and desire to turn back the clock, we find ourselves revisiting what our ancient friends already knew with the help of modern science and research. Pomegranates are packed with phytonutrients, vitamin B, and an abundance of vitamin C. They contain red arils, tiny edible seeds that are loaded with juice and provide valuable fiber. They are delicious and fantastic to eat - though I would not recommend eating the white membrane that surrounds the arils as it is quite bitter and the consensus is that it is not recommended. According to the American Association for Cancer Research AACR , pomegranate fruit extract contains several polyphenols and anthocyanidins pigment that gives certain fruits their dark red colors. Its antioxidant activity is higher than that of red wine and green tea and research suggests that pomegranate extract may have significant clinical benefits in decreasing risk for skin cancer. By taking pomegranate extract capsules, one could reduce or reverse the signs of aging by promoting cell turnover and creating new, healthy skin. But that is not all! Evidence shows that including it in your skin care regime can provide wonderful results too. Rich in ellagic acid to manage free radicals, pomegranate oil contains punicic acid, an omega 5 conjugated fatty acid effective in aiding cell regeneration and proliferation. Pomegranate also carries beneficial phytoestrogen and a rare plant-based source of conjugated linoleic acids CLA , an anti-carcinogen. So I salute you, oh red goddess of history. Bring me health and wellness with all your super fruit power! Peel the pomegranate half, cut the fruit in pieces, and put these in a bowl or food processor. Add the honey and almond oil. Blend it all into a smooth and uniform paste. Spread this gently and equally with your fingertips on your clean face and neck: Now lie down, relax, and leave the mask on for 20 minutes. Then, wash it off with lukewarm water and end with a splash of cold water; pat your skin dry with a clean towel. Finally, apply a moisturizer, this way you "seal" your skin to keep the water inside. For all skin types.

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## Chapter 8 : Pregnancy Massage | Massage Therapy Journal © American Massage Therapy Association

*Massage Contraindications, cautions, and considerations for specific health issues massage if affected areas are painful, itching, or You may ask yourself if it's ok for you to get a.*

This continuing education course reviews the history and beneficial uses of prenatal massage. Included are a collection of traditional techniques used to reduce pregnancy discomfort, to help with stress and anxiety during pregnancy, and to facilitate labor. Contraindications and precautions for prenatal massage should be followed closely. Download and test to acquire your prenatal massage certification with our 12 CEU prenatal massage course today! History and Traditional Uses of Prenatal Massage Massage therapy has a long history that spans almost every traditional culture. Benefits of Prenatal Massage Chapter Four: Maternal and Fetal Development During Pregnancy Whether a woman comes to you for treatment one time during her pregnancy, or you see her from the time she conceives all the way to her post-partum recovery, you will need to be familiar with the ways in which the body changes during this time. While every woman is different, there are changes that will happen to every pregnant woman, and most of them begin to occur at about the same time during the pregnancy. It is important to familiarize yourself with the basic timeline of fetal development because it may influence some of your treatment choices and directions you give the client for when she is at home. For instance, how do you position her so she is comfortable and safe? Is too much pressure going to harm the baby or the mother? Not only can improper positioning be very uncomfortable for the client, it can be dangerous. Preparing The Studio The environment of a massage studio should already be one of relaxation and warmth, but there are a few additional considerations you will need to take when dealing with a pregnant client- one who is experiencing more physical and emotional turmoil than most of your other clients. General Full Body Massage There are a few massage techniques that can be specifically used to address various discomforts associated with pregnancy, but those will be addressed in a later chapter. With each area, you will do the side facing you when the client is side-lying, then do the other side once the client turns over. Addressing Specific Complaints Often, your client will come in with specific issues stemming from her pregnancy, such as lower back pain, sinus congestion, or headaches. Many of these issues you can treat directly with massage, or indirectly through advice about self-care, such as postural correction or the recommendation of certain stretches or exercises. Your job will be to encourage relaxation techniques to relieve tension. You may also want to help her focus on various stretches to encourage flexibility, which may facilitate labor. You will be there to give mostly physical comfort, but you will probably need to give emotional support as well. A massage during labor is completely different than a regular massage. When working with a postpartum client, your primary concerns include relieving strains from nursing and labor.

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## Chapter 9 : Precautions & Contraindications - Touch of Siam

*Contraindications and precautions for prenatal massage should be followed closely. Download and test to acquire your prenatal massage certification with our 12 CEU prenatal massage course today! Prenatal Massage Course Outline (12 CEUs).*

Tuina Massage therapy has long been used for relaxation, rejuvenation, and to relieve stress from the muscles and tissues but are they really safe for pregnant mothers? Pregnancy massages are massage therapies that are designed specifically for expectant mothers. It is different from regular massages because it makes use of different techniques, avoids certain forms of traditional massaging, and it revolves around the proper positioning and support of the pregnant mother, as compared to normal massage therapies. Studies have shown pregnancy massage therapies to improve stress conditions, reduce leg pain and back pain, and promote better sleep. But it also comes with contraindications. Let us look at these in a little more detail: Pregnancy massages concentrate on improving circulation and inducing relaxation by working on certain parts of the body. There are specific points in the body that are connected to the pelvic and uterus, hence expectant mothers with complications such as pregnancy induced hypertension, preeclampsia, swelling due to high blood pressure, sudden severe headaches, previous pre-term labor, and high-risk pregnancy should avoid a pregnancy massage. It is always best to consult your doctor before considering a pregnancy massage. Specific Pressure Points Certified pregnancy massage therapists are trained on what pressure points to avoid when performing a pregnancy massage. These pressure points are: Ankles – some points near the ankles are connected to the uterus and pelvic region, and when massaged can cause them to contract. Lower torso – the lower back, abdomen, and the sacrum are avoided to avoid potential harm or injury to the fetus, and trauma to the uterus. Hands – there are two pressure points that should be avoided on the hands during pregnancy massages. These are the fleshy part between the thumb and the forefinger, and a certain area around the wrists. Both areas can cause contractions. Health Conditions Women should only consider pregnancy massages after the first-trimester, as miscarriage usually occurs in the first 12 weeks of pregnancy. If you have had or still have underlying health conditions, it may be best to avoid a pregnancy massage. Women often experience high blood pressure during pregnancy, and a massage can often aggravate this condition as it works on circulation through massaging techniques. Your doctor will be the best person to guide and advise you as he will be aware of your existing medical conditions and the consequences of having a pregnancy massage on them. These conditions qualify in the high-risk pregnancy category. Women who have been diagnosed with these conditions should avoid a pregnancy massage. Vein Considerations Thromboembolism, Deep Venous Thrombosis and Pulmonary Embolism are some risk factors that could occur during pregnancy. Pregnancy increases the chances of women developing blood clots in the veins of their legs. This could pose as a potential risk to both mother and child. Women with either of these conditions should seek advice from their physician before getting a pregnancy massage. Pregnancy massages are strictly not recommended for women experiencing these symptoms. Breast Stimulation Massaging the breasts, especially the nipples, stimulates a release of the oxytocin hormone into the bloodstream, which causes the uterus to contract. This is strictly recommended only to be used during labor, after the water has broken. Blood Clots Blood volume decreases considerably during pregnancy, increasing the levels of anti-coagulants in the blood to prevent hemorrhaging during labor and delivery. Massaging the legs can sometimes dislodge a blood clot, posing potential harm to the expectant mother. It is best to avoid pregnancy massages if you have blood clots during pregnancy. Acupressure and Reflexology These are two massage techniques that induce labor by dilating the cervix, and helping the baby to descend. Acupressure and reflexology massaging during pregnancy is not advised to avoid the ovaries and uterus points. It is however becoming famous for its role in aiding and making labor less painful. Before considering pregnancy massage, it is vital to keep the contraindications in mind. If all conditions are favorable and you get the green signal from your doctor, be sure to find a certified pre-natal

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massage therapist.