

## The Power of Pregnancy Massage

This month, I have the privilege of giving massage assistance during the delivery of another one of my pregnant moms. My moms come in with swollen ankles and feet and leave able to wear their shoes in comfort. Of all the massages I give, I think prenatal massage is one of the most rewarding of all. A prenatal massage is specifically tailored to the needs of the expectant mother. The side lying position, supported with pillows, is best. Never use the table with a whole cut out. These are potentially dangerous and cause undue stress to the low back.

If a mom to be is not already receiving regular massage, it is wise to wait until after the first trimester. If she has already been receiving weekly, bi-weekly or monthly massages, she still needs to check with her obstetrician first. There are also specific acupressure points to avoid because they can cause contractions of the uterus and premature labor.

Pregnancy massage has been found to reduce stress, decrease swelling in the arms and legs, and relieve low back pain. It also relieves pain and stiffness in the joints and muscles. It is a great complimentary therapy when medication is often limited. Not only is it physically beneficial, it also provides the expectant mother with the emotional support she needs during pregnancy.

Massage during labor has been clinically proven to reduce labor duration and complications leading to caesarian deliveries. Moms who received massage during labor were found to ask for medications 80% less than mothers who did not. A massage therapist will usually labor with the parents at home and accompany them to the hospital during and after the birth. Follow up home visits assure mother and baby are adjusting well.

If one of your loved ones is expecting a baby, give her the gift of prenatal massage during her pregnancy. Even a once a month massage is enough to make a difference. Most of my moms start receiving bi-weekly massages at 32 weeks and weekly massages at 36 weeks. Special package prices are available to help defray the cost and many insurance companies are reimbursing the cost of therapeutic massage today. Feel free to give me a call to schedule a complimentary consultation. My phone number is 678-779-9102 and my web site is [www.wrighttouchweb.com](http://www.wrighttouchweb.com).

Best of health to you,

Rebekah Wright, LMT