



Why Massage During Pregnancy?

Massage during pregnancy not only makes a woman feel pampered, but offers undeniable physical benefits as well. Massage can relieve fatigue, enhance sleep, and calm an active baby.

First Trimester

- Relieve headache
- Help minimize morning sickness
- Reduce fatigue

Second Trimester

- Alleviate backache
- Relieve leg cramps

Third Trimester

- Reduce swelling/edema
- Relieve pain from varicosities
- Enhance sleep
- Prepare pelvic muscles for the birth process

During the entire term of the pregnancy, massage can stimulate blood flow, which may assist in the prevention of anemia. An increase in muscle tone and flexibility will occur, alleviating leg cramps and muscle spasms.

Massage during pregnancy is also a great way to relieve everyday tension and the general aches and pains your body is suffering. It stimulates your lymphatic system, increasing immunity and the removal of excess toxins, while stabilizing hormonal levels and balancing the glandular system.

Are there times when massage during pregnancy should be avoided?

Women with normal, low-risk pregnancies can benefit greatly from massage by a trained pregnancy massage therapist. However, women in high-risk pregnancies should consult their doctor or midwife before beginning a massage therapy program. Tell the therapist immediately if you notice any discomfort during a massage.





What about massage after I deliver my baby?

Massage during the weeks after delivery helps to restore muscle tone in the abdomen and reposition the pelvis. And remember, touch is a very important part of bonding with your baby. Ask your massage therapist about receiving instruction in massaging your baby.

Courtesy of Bob Sullivan, NCTMB, RMT. Bob is a nationally certified massage therapist and owner of SMT Integrative Health in Centennial, CO. SMT offers massage, acupuncture, reflexology, and reiki. Bob specializes in chronic pain relief and restoring structural balance.

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