

Prenatal

Why Massage During Pregnancy?

Massage during pregnancy offers undeniable physical benefits. At Effective Chiropractic, our licensed massage therapist will work to stimulate your lymphatic system, increasing immunity and the removal of excess toxins, while also stabilizing hormonal levels and balancing the glandular system. Hormonal changes can cause depression and anxiety during pregnancy, which is why many expecting mothers can find relief with chiropractic and massage therapy at Effective Chiropractic.

What Are The Benefits Of Prenatal Massage?

Massage therapy is a wonderful, complimentary choice for prenatal care and a healthy way to reduce stress and promote general well-being. Effective Chiropractic's licensed massage therapist works to relieve the normal discomforts experienced during pregnancy, such as backaches, stiff neck, leg cramps, headaches, joint pain, and edema. In addition, by relaxing nervous tension, you can experience a better night's sleep. Below are examples of how massage can help you throughout your pregnancy:

First Trimester

- Relieve headaches
- Help alleviate morning sickness
- Reduce fatigue

Second Trimester

- Alleviate backaches
- Relieve leg cramps

Third Trimester

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

How Will I Receive My Massage?

When receiving a prenatal massage at Effective Chiropractic, you will be gently positioned on your side to keep you comfortable while your therapist massages your back. Once finished with your back, you may then be placed in a semi-reclining position while your professional therapist massages the front of your body. During the first trimester, it is also acceptable for clients to lie on their backs with a slight elevation under one hip. This positioning alleviates the extra strain on the lower back and pelvic areas when the massage is being administered.

Throughout each session, our therapist will use a special body support cushion to ensure comfort and proper positioning. Depending on where you are in your pregnancy, your therapist may utilize reflexology, Swedish massage, or certain methods that address your specific requests and needs.

Are There Times When Massage During Pregnancy Should Be Avoided?

It is very important you obtain approval from your obstetrician before receiving any form of massage during pregnancy. Women with normal, low-risk pregnancies can benefit greatly from massage by our therapist. However, women in high-risk pregnancies should consult with their doctor or midwife before beginning a massage therapy program. If at any time during the massage you experience discomfort, tell our therapist immediately.

Information courtesy of Associated Bodywork & Massage Professionals' consumer education services.