

## **PREGNANCY MASSAGE:**

- ∞ During the first trimester; it is important to come in and have your body assessed to make sure there is balance throughout, especially in the pelvis and sacrum. It is easier to resolve these problems in the first trimester.
- ∞ Instructions and advice will be given to help you maintain proper posture through your body changes.
- ∞ Measurements will also be taken during your first trimester. This will help the therapist determine when your body (pelvis) has returned to its normal state, postnatal. And will also aid in finding areas of true dysfunction, postnatal.
- ∞ Pregnancy is a joyous time for a mother-to-be. It is our goal as your massage therapist to help promote relaxation and harmony between you and your baby, by listening, educating and decreasing your discomforts.

∞ In a recent study published in the Journal of Psychosomatic Obstetrics and Gynecology, researchers discovered that women who received regular massage treatments had fewer complications during pregnancy and postpartum, including fewer premature births.

## **PREGNANCY:**

- ξ Headaches are a common problem during pregnancy. Massage has been proven to be very helpful in easing headache pain. **Research shows that headaches become shorter and less frequent with regular massage.** Many women, and their caregivers, prefer massage over medications to assist in relieving headache pain.
- ξ Postural changes occur in the second trimester as the abdomen and breasts grow larger. Most women develop an increased curve in their lower back to compensate for the extra weight in front. As a result most pregnant women develop back pain. **Massage can be very useful in minimizing muscle**

**imbalance, as well as advice and exercises to help improve your posture.** Helping to alleviate your pain and discomfort.

- ξ Pregnant women experience fluid retention in their tissues. Approximately 75% will experience foot and ankle swelling. Fluid build up in the wrists can develop into a painful wrist condition called Carpal Tunnel Syndrome. **Massage can be extremely effective in relieving the discomfort and swelling from fluid retention.**

## **LABOUR:**

- ∞ Labour is physically demanding. Massage throughout pregnancy can help condition and prepare the muscles for the labour experience.
- ∞ Massage can also be used as a support tool during labour. It will help the muscles relax between contractions; increase self-assurance and demonstrate loving encouragement. A massage therapist can teach your partner

some basic and effective techniques.

## POST PARTUM:

- ☞ Don't forget about you. Massage can help with the recovery process. In the weeks following a vaginal birth, regular abdominal massage can aid the involution of the uterus as it shrinks back to its pre-pregnant size. Consult a doctor before booking a massage if the baby was born by cesarean section.
- ☞ Massage can have a positive impact on new mother's experiencing fatigue and mood swings. It can be energizing and nurturing "time out" from the demands of life with a new baby.
- ☞ The roles and responsibilities that a new baby brings can produce stress and anxiety for both parents. Massage can alleviate some of that stress for new fathers as well.

realize that every pregnancy is unique. **Safety of mom and baby is our primary concern**; therefore, treatments will mainly be sidelying with the use of specialized pregnancy pillows. Other positions used during a treatment are back lying, and semi-lying. As your comfort and safety are a top priority please let your therapist know if you are uncomfortable in any position.

Our tables are also fitted with two removable sections for breast support, for those tender months of lactation.

The **YMCA massage therapists** are all qualified in dealing with your pregnancy needs. However, one therapist (**Kerri Murray**) has advanced training in caring for you and your baby during this journey. Please call us with any questions you may have.

**Infant Massage: Member \$20.00/General Public \$30.00**  
September 13, 20, 27 at 1:30pm  
November 15, 22, 29 at 6:30pm  
March 7, 14, 21 at 1:30pm  
June 6, 13, 20 at 6:30pm



# Pregnancy Massage

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The YMCA massage therapists are flexible in their approach, as we



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YMCA of Regina

