

PRENATAL MASSAGE

Here at Essential Bodywork and Massage Therapy, we take pride in caring for our mothers and mothers to be. Pregnancy can be challenging with growing humans inside of you. Aches and pains will happen, and we aim to keep you as healthy as possible during your pregnancy. Whether you have muscular discomfort or just want to learn what exercises to do or not do to stay safe throughout your pregnancy our clinicians can help.

After having a baby, many women will resume all normal activities they were used to pre baby after 6 weeks, however, usually there is much more care needed to return to these things safely since your body has now changed.

Therapeutic massage has been used for centuries to improve overall health, reduce stress, and relieve muscle tension. Research shows prenatal massage therapy can help reduce anxiety, decrease symptoms of depression, relieve muscle aches and joint pains, and improve labor outcomes and newborn health. Additional benefits include the following:

- Reduced back pain
- Reduced joint pain
- Improved circulation
- Reduced edema
- Reduced muscle tension and headaches
- Reduced stress and anxiety
- Improved oxygenation of soft tissue and muscles
- Improved sleep

A distinction should be made between therapeutic prenatal massage and perineal massage, the latter referring to the practice of manually stretching the tissues surrounding the birth canal to help reduce the risk of episiotomy or trauma associated with childbirth.

<https://www.sciencedirect.com/science/article/abs/pii/S0163638309000733>

<https://www.amtamassage.org/publications/massage-therapy-journal/massage-and-pregnancy-a-powerful-combination/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2870995/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7043715/>

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