

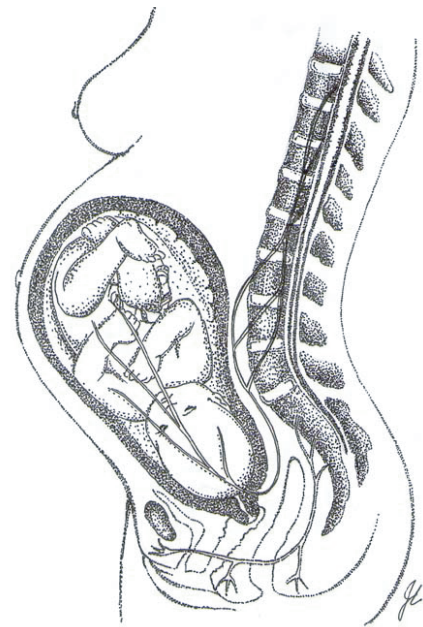
Pregnancy Massage

Pregnancy is a time of tremendous musculoskeletal, physical and emotional change, and yet is a condition of wellness.

*~ Fiona Rattray,
RMT*

Congratulations! Whether this will be your first child or a new recruit, pregnancy promises to provide you with a season of physical and emotional change, new aches and pains, fears, wonders and anxieties.

As the body adapts to your growing baby, internal changes begin to unfold: your tummy expands to make room for your uterus, which pushes many of your organs upwards into the abdomen. The weight of your baby presses down on your pelvic organs (bladder, rectum and large intestine) and back against your spine. And your body takes on more fluid and at times you may feel you may never escape the hormonal soup of emotions running rampant in your veins...



You will also experience many changes from the outside. Your muscles and ligaments are the guides and wires of the body. As your posture undergoes the gestational changes of pregnancy, the muscular support system is put under duress. Some muscles will lengthen (losing strength) while others become short and tight.

The weight gain causes your body to change shape and adjust to maintain proper balance and physical alignment. As your center of gravity shifts, your joints must now support this increase in weight and your constantly changing posture! You may feel an increase in muscular pain and fatigue. Your lower back aches, and the heaviness of your breasts causes tenderness between your shoulders and neck.

| <i>Common Signs & Symptoms During Pregnancy</i> | <i>Second Trimester</i> | <i>Third Trimester</i> |
|---|---|---|
| First Trimester middle/upper back pain breast swelling and tenderness morning sickness and fatigue mood swings increased urination | decreased nausea and fatigue ligamentous laxity muscle soreness leg cramps constipation | indigestion, heartburn shortness of breath, sore ribs varicose veins/hemorrhoids swelling in hands and feet stretch marks insomnia |

Cont'd on reverse side...

Pregnancy Massage (Cont'd)

Many pregnancy-associated conditions can also be treated successfully with Massage:

lower back pain

headaches

sacroiliac dysfunction
(pelvic joints)

diastasis recti
(abdominal muscles)

carpal tunnel syndrome

mastitis
(breast inflammation due to
plugged ducts)

maternal diabetes
& preeclampsia
(see your family doctor about these)

Each trimester brings about a variety of new physical and emotional challenges. Many of these signs and symptoms will begin to dominate your daily and nightly activities. And since there are no methods to stop the magical progression of gestation, **your Massage Therapist can assist you to "balance" your body; prevent or provide temporary relief of pain and educate you on how to keep your pregnancy healthy and happy.**

Anticipated Benefits:

- Melts away muscular tension and stress
- Improves blood and lymph circulation
- Decreases breast congestion
- Improves body posture and helps to regulate breathing
- Aids in preparation for the birth experience
- Reduces pain by releasing the body's natural painkillers
- Encourages mindfulness and self-awareness
- Provides emotional support

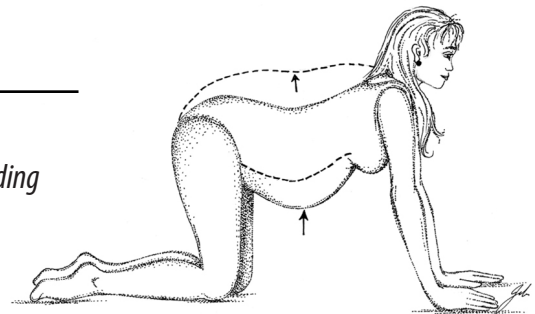
The Touch Research Institute has documented many positive benefits of Massage Therapy during pregnancy:

- ~ Reduced stress and anxiety levels*
- ~ Less birthing complications / premature birth*
- ~ Less labour pain when performed during first 15 min of each hour of labour*
- ~ Improved mental processing and efficiency*

Massage Therapy offers a safe and effective method of treatment during your pregnancy, including traditional massage techniques, breast massage (with special consent), and postpartum recovery. Ask your MT for details today!

Remedial Workshop

A regular low-impact exercise program will help tone and strengthen the muscles most affected by your pregnancy, including the pelvic floor, abdomen, and lower back.



For appointment bookings or more information, please call: (905) 897-8889