



## **Pregnancy Massage Therapy Information Form**

### **Pregnancy Massage Therapy Benefits:**

- Relieve head / neck / backaches, muscle cramps, sciatica
- Increase flexibility/pliability of muscles & skin
- Improve digestion, relieving constipation and gas
- Strengthen immune system function
- Improve blood/lymph flow, eliminating toxins
- Reduce swelling in feet and hands
- Reduce fatigue, stress, anxiety, depression
- Encourage deeper sleep for longer periods

### **Conditions That Would Contraindicate Massage Therapy**

These may include complications in pregnancy such as:

- Early labor, miscarriage threats, placental or cervical dysfunction
- Proteinuria Hypertension (GEPH)
- Eclampsia
- Gestational Diabetes

Since Pregnancy Massage is contraindicated for the above complications, it is also contraindicated for women experiencing any of the following symptoms / signs related to the above complications:

- Bloody discharge
- Continual Abdominal pains
- Leakage of amniotic fluid
- Sudden, rapid weight gain
- Increased blood pressure
- Protein or sugar in urine
- Severe back pain that does not subside with position changes
- Visual disturbances
- Severe nausea and/or vomiting
- Severe headaches
- Excessive hunger or thirst
- Increased urination in the second trimester

**The following high-risk pregnancies must be closely observed by the physician in order to determine the advisability throughout the pregnancy of general circulatory massage:**

- Women under 20 or over 35
- Rh Factor or genetic problems
- Asthma
- Liver / renal conditions
- Previous problem pregnancy
- Diabetes
- Heart Disease
- Hypertension