

MASSAGE THERAPY AND PREGNANCY

BENEFITS OF PRENATAL MASSAGE

MASSAGE THERAPY CAN RELIEVE PREGNANCY PAIN AND DISCOMFORT



Improved overall
sense of wellbeing



Relieves tension headaches



Relieves muscle and joint pain



Relieves low back pain, leg pain,
and other musculoskeletal pain



Reduces symptoms of anxiety
and depression



Reduces swelling in the
feet and ankles



Promotes better sleep

MASSAGE THERAPY IS SAFE AND EFFECTIVE AT ALL STAGES OF PREGNANCY

- Pregnant women can be treated side-lying or in a variety of positions, supported by pillowing techniques.
- Massage therapy can decrease pain and anxiety during all stages of labour.
- Prenatal massage therapy can positively affect newborn health.

