

# 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.