

BENEFITS OF MASSAGE THERAPY

Massage therapy during pregnancy or postpartum is not intended to replace prenatal and postpartum care. Used as a form of adjunctive healthcare, potential benefits are:

- Reduces stress and promotes relaxation (promotes normal blood pressure) ~ stress can reduce blood supply to the uterus by as much as 65%, resulting in lower fetal heart rates and reduced blood oxygenation
- Increases blood and lymph circulation and supports the physiological processes of pregnancy.
- Increases secretion of prolactin, the hormone responsible for milk production
- Enhances placental function
- Improves sleep and mood
- Enhances a women's kinesthetic awareness and her ability to relax deeply which may be helpful during labor
- Offers labor supportive techniques that may increase comfort during labor
- Promotes shorter, less painful labors and reduction of complications, including prematurity, and interventions
- Reduces stress of weight bearing joints and eases musculoskeletal strain and pain
- Relieves muscle spasms, cramps, and myofascial pain, especially in the back, neck, hips, and legs.
- Assists postpartum restoration of abdomen and weight bearing muscles and joints
- Provides new mothers postpartum support with the physical and emotional aspects of infant care
- Promotes healing, including post-cesarean scars
- Provides emotional support and physical nurturance to the mother and baby