

Prenatal massage is available for expectant moms in their second and third trimesters only. We require a written approval from your doctor before receiving this massage.

Possible Prenatal Benefits:

Massage Therapy during pregnancy is not intended to replace appropriate prenatal care. When used as a form of adjunctive health care, some of the possible benefits include:

1. Relief from musculoskeletal pain and tension including sciatica symptoms, back and neck pain
2. Increased blood and lymph circulation, reduced edema, reduced inflammation, and relief from varicose veins
3. Facilitation of respiratory, gastrointestinal, hormonal, and other physiological processes
4. Reduction of stress and promotion of relaxation through activation of the parasympathetic nervous system
5. Development of kinesthetic awareness necessary to actively participate in birthing
6. Shorter, less painful labor and reduction of labor complications and interventions

Possible Postpartum Benefits:

1. Facilitation of the restoration of pre-pregnancy physiology/structural alignment
2. Facilitation of the healing of hemorrhoids, bladder disorders, post-episiotomy soreness, and Cesarean section through toxin removal
3. Assistance with body usage to minimize the physical and structural stress of child care
4. Facilitates healthy lactation

Conditions of pregnancy which dictate specific modifications by your licensed Massage therapist:

1. Threatened miscarriage of early labor
2. Placental dysfunction or intrauterine growth retardation
3. Hypertensive disorders of pregnancy including pregnancy induced hypertension (PIH), GEPH (Pre-eclampsia)
4. Gestational diabetes/pre-pregnancy diabetes mellitus
5. Pitting edema
6. Previous problem pregnancy
7. Multiple pregnancies or mother's age (under 20 or over 35)
8. Cardiac, pulmonary, renal, or liver disorders
9. Chronic hypertension
10. Drug or hazardous materials exposure
11. Suspected Rh-negative mother or maternal genetic problems, including DES exposure and other uterine abnormalities
12. Risk of fetal genetic disorders
13. Convulsive disorders

Criteria for Massage Therapy

Massage therapy and bodywork is beneficial throughout the pregnancy, as well as post partum. It is suggested that you discuss receiving therapy with your prenatal healthcare provider. If you have or have had any of the complications, conditions, or high risk factors listed above, discuss your condition with your licensed massage therapist and your prenatal healthcare provider.

IF HIGH RISK PREGNANCY

Please have your healthcare provider read the information sheet and read and sign the release form on the back. Submit the signed form at your massage appointment.

CLIENT'S VERIFICATION AND RELEASE

I, _____ verify that I have received information concerning the benefits of massage therapy during pregnancy. The practitioner has discussed this information with me and provided opportunity for any questions. I have discussed with my prenatal healthcare provider/physician any health concerns that I had about my participation.

Having read, discussed, and understood the above information, I further verify that I have obtained my prenatal healthcare provider's release and disclosed all high risk conditions of pregnancy.

I understand that I will be receiving massage therapy as a form of adjunctive health care only and that this therapy is not intended to replace appropriate medical care.

I do forever release the practitioner, and their insurers, from all liability of any occur to of any nature whatsoever, whether past, present, or future for any injury or damage which may occur to myself or my family as a result of my participation in this therapy.

I also agree to hold harmless and defend the practitioner from all actions, claims, or other legal or administrative action that arises or may arise directly or indirectly out of my and my child's participation in massage therapy.

Client Signature: _____

Date: _____

Therapist Signature: _____

Date: _____