

## **Prenatal Massage**

Prenatal massage is specifically tailored for the expected Mother's needs. Swedish massage is recommended during pregnancy because it addresses many common discomforts associated with the skeletal and circulatory changes of the mother-to-be. Massage can be incorporated into routine prenatal care as an emotional and physical health supplement proven to improve pregnancy outcome and maternal health.

### ***Potential benefits of Prenatal Massage include:***

- *Hormone regulation*
- *Reduced sciatic nerve pain*
- *Reduced back and joint pain*
- *Improved circulation*
- *Reduced edema/swelling*
- *Reduced muscle tension and headaches*
- *Reduced stress and anxiety*
- *Improved oxygenation of soft tissues and muscles*
- *Better sleep!*

Remember, relaxation is one of the keys to labor and delivery!

## **Postnatal Massage**

As a new mom, you need to take care of yourself while caring for your newborn. Postnatal massage is one of the best ways to do that! It not only gives you nurturing and emotional support to help you gain back your lost energy, but also helps the body return to its condition before pregnancy.

### ***When to Start Postnatal Massage***

For mothers who delivered naturally or without complications, they can start their postnatal massage as soon as they are comfortable and ready. For caesarean delivery, it is best to wait at least 2 weeks after giving birth or when the incision is properly healed before starting postnatal massage sessions.

*You are even welcome to nurse your infant while you receive a massage in a side lying position. Bringing your baby with you eliminates the need for childcare and makes you feel less anxious about leaving your newborn.* Postpartum massage is a great way to enhance your bonding experience and attachment to your baby.

## **Massage for All Moms**

It is hard work being a mom. Picking the baby up out of the crib, putting them in car seats (plus the shear weight of baby and car seat), holding children on your hips, nursing or bottle feeding the baby... all of this wear and tear on your spine and your muscles adds up to tremendous muscular tension. This is especially evident in tight shoulders and sore lower back muscles. Regular massages are a great idea to relieve some of the built up tension in and around the spine, which not only helps you, but helps the kids as well, since you will be feeling better and hence able to accomplish more. Sign up for your massage today...

Jamie Baumhardt, LMT, NMT at Rubin Family Chiropractic at 770-937-6300