

FREQUENT QUESTIONS PERTAINING TO PREGNANCY MASSAGE

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What are the benefits of pregnancy massage?

- During pregnancy, the practice of self-care is very important. Massage is a great way to give your mind and body the extra time and attention that is needed in our fast pace lives. Massage can help reduce anxiety, enhance well-being, encourage more restful sleep, increase circulation, and decrease pain. It is also thought to be helpful for morning sickness and depression.

I have heard not to get a massage during first trimester, is this true?

- There is no reason that massage or other manual therapy should be avoided in the first trimester. No evidence has been found to show that massage is related to the prevention or cause of miscarriage. The first trimester is when you are at the highest risk for miscarriage. Therefore, if a client receives a massage and experiences a miscarriage in the days following there is a risk for association to be implied while there is no causal relationship.

How often should I get massages while I am pregnant?

- **First Trimester 1-12 weeks**
 - Symptom based or 1 per month for relaxation and immune boosting
- **Second Trimester 13-26**
 - 1-2 per month
 - 4-8 total
- **Third Trimester 27-42**
 - 1 -2 per month until week 35
 - After week 36 1 per week
 - 5-9 total
- **Postpartum In - Home Massage**
 - Vaginal Birth - as soon as your ready
 - Cesarean-section wait 3-6 weeks

Can you use essential oils during pregnancy?

- There are several essential oils that should be avoided if you are trying to conceive, pregnant, or breast feeding. A few generally safe oils when diluted are Bergamot, Chamomile German, Frankincense, and Lavender. It is important to know the source of your oils and I suggest using a small company with transparent practices. For more information: <https://naha.org/assets/uploads/PregnancyGuidelines-Oct11.pdf> or <https://www.rockymountainoils.com/learn/essential-oils-and-pregnancy/>

Is it true you should not massage the feet when pregnant?

- This is not true! Your feet want and need the extra care when they are carrying you and the baby. However, it is true that there are acupressure points in the ankle area that should not be aggressively worked because they can cause contraction of the uterus.

SOURCES:

- <https://www.amtamassage.org/articles/3/MTJ/detail/3852/massage-and-pregnancy-a-powerful-combination> ; <https://www.ncbi.nlm.nih.gov/pubmed/16756522> ; <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2785018/> ; <https://www.tandfonline.com/doi/abs/10.1080/01674820412331282231> ;