



# Lotus Awakening Bodywork

**This information is not meant to scare or deter you from receiving prenatal massage. It is extremely beneficial for pregnant mothers and their babies. Please call me with any questions or concerns regarding this information.**

**360-468-4777(office)**

**360-468-3117(home)**

## Benefits of Prenatal Massage

- Relief of muscle tension, spasms, and cramps, specifically in the low back, upper back, shoulder, and neck areas.
- Reduces stress on weight-bearing joints.
- Gestation process is enhanced through increasing blood circulation, lymph circulation, reducing edema, and increasing cellular respiration.
- Stimulates glandular secretions, which helps stabilize hormone levels.
- Enhances body awareness around better posture to lessen discomfort.
- Assists with body mechanics and movement during structural changes happening with the body.
- Supports birth process by relaxing muscles, especially muscles involved in labor and birth.
- Helps maximize breathing capacity needed for labor and delivery.
- Enhances the pliability of skin and underlying tissues.
- Eases anxiety and stress during time of transition.
- Gives emotional support and nurturance.

## Contraindications of Prenatal Massage (some may be okay with physician approval) Specific to Pregnancy

- Gestational Edema Proteinuria Hypertension (GEPH)
- Gestational Diabetes (excessive hunger and thirst; increased urination in 2nd trimester; sugar in urine, no non-pregnant diabetes)
- Early labor, miscarriage threat, previous multiple births, placental or cervical dysfunction
- Suspected RH Negative or other genetic problems
- Pre-eclampsia or Eclampsia (persistent severe headaches; persistent severe back pain unrelieved by change of position; severe nausea/vomiting; systemic edema; pitted edema, increased blood pressure; visual disturbances; convulsions)

### Other Contraindications

- Bloody discharge
- Sudden, rapid weight loss or gain
- Continual abdominal pains
- Severe anemia
- Sudden gush or leakage of amniotic fluid
- Incompetent cervix
- Fever
- Urinary Tract Infections
- Excessive swelling in arms or legs
- Diarrhea
- Cardiac disorders and heart disease
- Asthma
- Lupus Erythematosus
- Phlebitis
- Thrombosis
- Other clotting conditions
- Any liver, kidney, or spleen compromise or infection
- Increased blood pressure or chronic hypertension
- Increased or decreased fetal movement over a 24-hour period
- Local massage over severe varicose veins and inflammation (due to clotting risk)

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