

Pre and Post Natal Massage Therapy



Location

South East, West Sussex

<https://www.freeadsz.co.uk/x-551581-z>

The benefits of prenatal massage include a wide range of physiological, emotional and psychological benefits.

Massage alleviates stress on weight-bearing joints and musculo-fascial structures. It assists in remedying many of the common discomforts experienced during pregnancy - muscular discomforts, lower-back pain, upper-back pain, headaches, leg cramps, sciatica, stiffness, tension and knots, carpal tunnel syndrome, headaches, heartburn and acid reflux, fatigue, varicose veins, nasal congestion, shortness of breath, edema of the lower extremities, neck pain, interscapular pain, sacroiliac and hip joint pain and constipation.

Some mothers are nervous about massage in pregnancy so lets just clear up one thing. Massage will not harm mother or baby. It is impossible for massage to cause miscarriage, no matter what trimester! It is performed in a side-lying position, propped up with pillows for comfort.

The gentle, non-invasive approach of pre-natal massage can ease discomfort associated with pregnancy, help the mother-to-be prepare for labour and provides expecting women with emotional support and nurturing touch.

Massage is extremely beneficial after the birth for the mother and is highly recommended. It improves healing for Diastasis Recti, provides support and healing for postpartum depression and supports faster healing of the uterine ligaments which stretch significantly during pregnancy and birth. Post Natal Massage supports the uterus coming back to optimal position in as timely a way as possible and aids in healing the ligaments or scars from Cesarean births.

It is a specialised gentle, non-obtrusive abdominal and sacrum massage which ensures the uterus and abdominal muscles are aligned and balanced. It is quite common in childbirth for the uterus to become slightly off centre, causing an imbalance in the abdominal core. Massage and yoga are even better for this as they help the self-care and also teach how to maintain a good posture.



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