

## Why Massage During Pregnancy?

Prenatal massage helps relieve stress, elevate mood, reduce muscular tension, stimulates peristaltic activity, reduce pain overall, increase venous and lymph circulation by normalizing blood pressure and reducing swelling. The powerful benefit of stress created through massage goes a long way to provide a calm, supportive and nurturing environment. As stress levels are decreased and comfort increases, an expectant mother can experience a happier, healthier and more enjoyable pregnancy!



Amanda Everett, LMT is thrilled to join the staff at Total Women's Health of Baltimore. She graduated from The Holistic Massage Training Institute in Baltimore where she first became interested in prenatal massage. After graduation and licensing she further studied pregnancy massage and enrolled in advanced prenatal massage classes before joining the practice. She is excited to work with Dr. Oliver's patients and happy to answer any questions about massage!

Enjoy a free massage while you wait to be seen OR book online under "Reserve your Wellness Service" for a 50 minute customized massage!

### Total Women's Health of Baltimore

6080 Falls Road, Suite 204  
Baltimore, MD 21209

[www.oliverobgyn.com](http://www.oliverobgyn.com)



## Prenatal Massage

Discover the physiological, metabolic and emotional benefits massage provides expectant mothers.

# Benefits Of Massage By Trimester:

## First

- Relieve headaches
- Ease nausea
- Reduce fatigue

## Second

- Alleviate backache
- Relieve leg cramps

## Third

- Reduce swelling
- Enhance sleep
- Ease foot and leg pain
- Comfort postural changes



## Are There Times When Massage Should Be Avoided?

Massage should only be avoided if you are not feeling up to receiving touch. Total Women's Health has a massage therapist on staff who is certified in prenatal massage. If you do experience and concerns or discomfort at anytime you can consult with the doctor.

Receiving a massage in the first trimester is safe and can ease many of the aches and pains early in pregnancy. Massage will not cause a miscarriage. Causes of a potential miscarriage have no connection to receiving a massage, however a restorative massage can ease discomfort for a woman who has miscarried.

## Massage For the Mind

Just as massage can ease the physical effects of pregnancy, it can also help with the emotional changes that occur during pregnancy and after childbirth. Women can experience a wide range of emotions before, during and after pregnancy. Massage therapists are sensitive and understanding to the spectrum of feelings an expecting woman may experience. In addition to alleviating your physical discomfort, your massage therapist is there to be supportive, reassuring and nonjudgmental of all you are going through. Prenatal massage can help a woman feel most comfortable within her pregnant body and ease the transition into motherhood.

