

Pregnancy Massage Class

Pregnancy/Side lying Massage
Routine

Position Client on their side

- Note side of major discomfort – if severity of discomfort is not too bad, work the unaffected side first (this takes attention away from the affected side and helps the affected side to relax).
- -Use of pillows will vary depending on gestation of pregnancy and areas to be worked.
- Generally, have 4 firm pillows, wedgy, and an option of a neck roll.

Position Client on their side

- With client in sidelying position (with upper leg flexed and lower leg out straight), make
- contact with mother and baby. This can be done in a variety of ways. Be creative.

Pregnancy Massage

- 1) Do a rocking motion starting at shoulders of client and go down the entire side of the body to the feet.
- 2) Drape legs appropriately – 2 ends of sheet tucked under the knee of the upper leg, create a window with the sheet and tuck for security (should expose lateral side of upper leg, upper hip and gluts, and medial side of lower leg and foot.
- 3) Start by massaging foot of upper leg – include retinaculum of ankle and between the metacarpals, squeezing out toes, thumb circles to the top and bottom of the foot, around ankles (it is okay to massage the ankles – just NO pressure point work

Pregnancy Massage

- 4) Do full effleurage of upper leg from ankle to hip.
- 5) Full the leg from ankle to hip.
- 6) Knead the leg from ankle to hip. (include kneading of IT Band)

Pregnancy Massage

- 7) Do one full effleurage from ankle to hip (can consider forearm effleurage of upper thigh).
- In working the upper part of the leg, avoid deep compression to the inner (medial) aspect of the thigh from the knee to the groin (pelvic floor). This is considered the “valley of the vessels.”
- During third trimester, there is a greater tendency to create blood clots here than in the other two trimesters, and greater during pregnancy than in non-pregnant conditions.

Pregnancy Massage

- 8) Standing behind client, utilize a forearm effleurage stroke from the knee to the crest of pelvis, going from mid-line to lateral aspect and into the gluteals.
 - 9) Do loose fist compressions of gluteal area, moving from lateral aspect to mid-line, and from crest to ischial tuberosity (superior to inferior).
- 10) Now, use your thumbs, in the same direction and again with a little more pressure. You will be able to evaluate the condition of the muscles. With these repetitive strokes, you are cross-fibered the gluteals.

Pregnancy Massage

- 11) Melt into attachments of gluteals along lateral border of sacrum and around insertion sites at the trochanter (head of the femur) as well as the ischial tuberosity (work around the ischial tuberosity may be done over the sheet).
- 12) Moving back to the foot – do full effleurage of leg and finish with nerve strokes.
- 13) If client is **NOT** pregnant, you may now work the foot of the lower leg and medial side of that leg.

Pregnancy Massage

- 14) Re-drape legs.
- 15) Drape the back – draping from midline of the buttocks below the sacrum, tuck sheet between lower hip and table, just above gluteal cleavage, bringing it to lateral aspect of torso and pulling it up under arm to the nap of the neck (like for sidelying BMT).

16) Apply lubricant to entire back – working from sacrum up to shoulders and back of neck to the occiput.

Pregnancy Massage

- 17) Knead erectors, lats, and traps.

18) Move back to the spine (you will be in a seated position). Starting at L5 and moving up to C7 - melt into the area between the spinous and transverse processes.

19) Cover the torso, leaving the upper arm out so you can apply your lubricant to that arm and pectoral area.

Pregnancy Massage

- 20) Position yourself behind your client at the shoulder girdle area, placing your lower arm under your clients, and using both of your hands, stroke (initially light) from pecs attachments at sternum out towards the head of the humerus. You can do several strokes going deeper each time.
- 21) Place client's superior arm on a pillow and effleurage the whole arm.
- 22) Knead and strip the arm if appropriate.

Pregnancy Massage

- 23) Massage hands and fingers individually (avoid direct pressure in the web between the thumb and forefinger).
- 24) Do circular massage and ROM of wrist.
 - 25) Wring whole arm from shoulder to wrist.
 - 26) Final effleurage of whole arm and nerve strokes.

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- Reposition client to opposite side, remembering placement of pillows.
- Repeat steps 1–26 on this side.

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- 29) Now, move back to the sacral area. Start with a resting stroke with the palm of one hand over the client's sacrum and your fingers extended openly toward the client's head.

Ask your client to visualize the image of the sun being super-imposed over this area and the rays of the sun carrying the energy out to the rest of their body.

Pregnancy Massage

- 30) Using a loose closed fist – start circular effleurage over the sacrum and gradually start taking your strokes out from the center of the sacrum in different directions – like rays of the sun.
- 31) Finish with a final full effleurage of the back from the sacrum all the way up and finish with nerve strokes.

Pregnancy Massage

- 32) Do a final resting stroke to close your session.