

Welcome from your Pre- and Perinatal Massage Therapist:

Pregnancy and labor massage therapy and bodywork is usually beneficial throughout the nine months of pregnancy. As your massage therapist I want your session to be safe for both you and your child. Thus we require a signed release (see additional two pages) from you and your maternity healthcare provider prior to beginning any therapeutic massage sessions with you. The reasons for this are:

- a. It gives you an overview of what to expect.
- b. This allows you to make your maternity healthcare provider aware of your desire to receive therapeutic massage during your pregnancy.
- c. It gives your maternity healthcare provider a chance to communicate to you and your massage therapist any precautions or limitations that are in the best interest of you and your child.

If you have or have had any of the complications, conditions, or high risk factors listed, please discuss your condition with me AND your maternity healthcare provider. In order to receive therapeutic massage during your pregnancy, please read and sign the release form and bring both forms with you when you come for your first appointment. Postpartum massage therapy can begin 24 hours after birth, if no complications occurred. If there were complications, or if you have had a cesarean section, you must obtain a written release form from your maternity healthcare provider before receiving a postpartum massage.

During your first appointment, a complete health history will be taken discussing your overall health as well as how your pregnancy is progressing. Your health history will be updated as needed during subsequent visits; please advise me of any changes in your pregnancy. All information you provide will be held in the strictest confidence; no information will be released without your prior written permission.

Each massage session is designed to meet YOUR specific needs on that particular day or during that particular stage of your pregnancy. The session will be modified as needed based on your feedback. Your comfort and safety, and the safety of your child, are of the utmost concern at all times during the session. Be sure to request changes in pressure, speed, or any other objectionable aspects of your massage. During your massage session you will undress to your comfort level, you are covered by a sheet; only the area being worked is uncovered. Your breasts and genital area are not exposed, touched, or massaged.

I abide by the National Code of Ethics for Therapeutic Massage and Bodywork. I have passed a written and practical exam following participation in a comprehensive curriculum specifically focused on massage during and following pregnancy. The curriculum included advanced massage techniques, specific pregnancy and postpartum exercises, and support measures. Techniques are geared to the unique concerns of each trimester and of the postpartum period. The training included detailed information on the anatomy and physiology of pregnancy, labor and birth, with emphasis on the contraindications of therapeutic massage during normal and complicated pregnancies. Learning to recognize signs of complications was an important component of training as well. I am committed to safely nurturing you and your baby, and I look forward to our sessions.