

PRENATAL MASSAGE POLICY

Prenatal massage is a modality available for expecting mothers that are out of their first trimester and are not experiencing a high-risk pregnancy. Prenatal massage has certain guidelines that must be followed.

- Client must complete the Prenatal intake form
 - A new form must be completed for each separate pregnancy
- Therapists performing a prenatal massage must have received prior training on how to do so properly
- Client must be out of their first trimester
- Client must be experiencing a low-risk pregnancy
- If a client is experiencing a high-risk pregnancy, they must obtain written and signed released from their doctor prior to receiving massage.
 - We must have the official document from the medical professional.

High-risk pregnancies include, but are not limited to:

- Early labor
- Miscarriage threat
- Placental or Cervical Dysfunction
- Gestation Edema Proteinuria Hypertension (GEPH)
- Eclampsia
- Gestational Diabetes
- Pre-existing cardiac, renal, connective tissues or liver disorders/diseases
- Fetal genetic disorders
- Complications in previous pregnancies
- Three or more miscarriages

Performing massage therapy during pregnancy is contraindicated for women experiencing any of the following symptoms/signs:

- Bloody Discharge
- Continual abdominal pains
- Sudden gush or leakage of amniotic fluid
- Sudden, rapid weight gain
- Increased blood pressure
- Protein or sugar in urine
- Severe back pain that doesn't subside w/ a change in position
- Visual disturbances
- Severe nausea and/or vomiting
- Severe headaches
- Excessive hunger & thirst
- Increased urination in the 2nd trimester
- Fever
- Diarrhea
- Excessive swelling in arms or legs/pitting edema
- A decrease in fetal movement over a 24-hour period