

Pregnancy massages

Pregnancy massages are one of the methods of **inducing a feeling of relief and well-being** for both the expectant mother and the unborn baby. Massages take place lying on your side or sitting and **can be performed from II. trimester of pregnancy**.

Positive

Pregnancy massage helps to overcome fatigue and tension, at the same time it perfuses tissues, reduces swelling and lowers blood pressure. It can help relieve joint and lower back pain. They increase blood circulation, have a positive effect on the quality of sleep.

Who performs pregnancy massages

Massages are performed only by a certified masseur, who can be a physiotherapist, aromatherapist, masseur, midwife or doula. If a pregnant woman is suffering from severe back pain, it is better for her to consult an experienced physiotherapist.

Position of pregnancy massage

From the fourth month of pregnancy, pregnancy massage is performed on the side. During a massage in the supine position, the *inferior vena cava* may be compressed by the uterus and thus interrupt the supply of oxygen to the growing fetus. Massages can also be performed in a sitting position. **The position is determined by the type of massage.**

Contraindication

Pregnancy massages are not practiced in the first trimester of pregnancy. If a woman is experiencing a high-risk pregnancy, she should consult a doctor or midwife about massage. Massage is also not recommended for fever, infectious diseases, diarrhea or if the woman suffers from skin problems.

Links

related articles

- Pregnancy
- Birth

Resources

- LADA CHRÁSTNÁ BÝT EXPEITEM VLASTNÍHO ŽIVOTA,. *Těhotenská masáž* [online]. Chrástná, Lada, ©2018. The last revision 2018, [cit. 2020-09-08]. <<http://www.mamvolbu.cz/services/tehotenska-masaz-praha/>>.
- STYL INSTORY.CZ,. *Těhotenské masáže jsou prospěšné, ale platí určité zásady* [online]. Kofroňová, Kateřina, ©2018. The last revision 2018, [cit. 2020-09-08]. <<https://styl.instory.cz/1877-tehotenske-masaze-jsou-prospesne-ale-plati-pro-ne-urcite-zasady.html>>.
- MASÁŽE MARTIN,. *Těhotenská masáž* [online]. Šebek, Martin, ©2020. The last revision 2020, [cit. 2020-09-08]. <https://www.masazemartinpraha.cz/tehotenska-masaz/?gclid=EAlaIQobChMI8sSWsNnX6wIVc4BQBh0DWgwxEAAYAAEgLbtPD_BwE>.