

Visual disturbances

Severe nausea and vomiting

Severe headaches

Excessive hunger and thirst

Increased urination in the second trimester.

There are also additional conditions that contraindicate massage therapy, including any phlebitis, thrombosis or suspected clotting condition, any kidney, liver or spleen compromise, and infections. Local massage on areas with severe varicose veins and swelling are avoided due to clotting risk.

HIGH-RISK PREGNANCIES

The following high-risk pregnancies must be closely monitored by the physician in order to determine the advisability throughout the pregnancy of general circulatory massage, pressure, and massage position options:

Women under 20 or over 35 Rh or genetic problems

Asthma Liver or renal condition

Previous problem pregnancy Multiple births

Diabetes Heart Disease

Hypertension

These situations must be monitored closely, and if complications arise, general circulatory massage, pressure, and some massage positions may be contraindicated.