

CLIENT RELEASE FORM FOR PRENATAL MASSAGE THERAPY

I, _____ have received and read the attached written information about the possible contraindications to massage therapy during pregnancy. I have also discussed this information with my physician and have had an opportunity to ask questions of the massage practitioner and of my physician about the information. I understand the information, and confirm that

- I have not experienced any of the complications listed on the attached sheet;
- I have not experienced any of the conditions listed which would make it unwise to have massage therapy;
- I am experiencing a low-risk pregnancy;
- I am receiving medical care including regular check-ups throughout my pregnancy.

If my physician and I have identified any exclusions to the statements above, they are listed here:

Signed: _____ Date: _____

Print name: _____

INFORMATION SHEET FOR MASSAGE THERAPY CLIENTS AND THEIR PRENATAL CARE PROVIDERS BENEFITS AND CONTRAINDICATIONS TO MASSAGE THERAPY DURING PREGNANCY

BENEFITS.

There are several observed or identified benefits to massage during pregnancy. Massage can:

- Relieve muscular tension, especially in low back, upper back, shoulders and neck.
- Reduce stress on weight-bearing joints.
- Enhance body awareness-better posture-less discomfort. Assist with body mechanics and movement during structural changes.
- Support birth process by relaxing muscles involved in labor and birth.
- Ease anxiety and stress during time of transition.
- Give emotional support and nurturance.
- Offer greater ease in ventilation due to relaxation of muscles of breathing.
- Improve sleep.
- Reduce stress hormones.
- Reduce back pain.
- Prevent labor complications and postnatal complications.

CONTRAINDICATIONS.

There are also contraindications to massage during pregnancy. These include the following:

COMPLICATIONS OF PREGNANCY

Early labor/miscarriage threat/placental or cervical dysfunction

Gestational Edema Proteinuria Hypertension (GEPH or Pre-eclampsia)

Eclampsia

Gestational Diabetes

Because Massage Therapy is contraindicated for the above complications, it is also contraindicated for women experiencing any of the following symptoms/signs related to the above complications:

SIGNS AND SYMPTOMS OF COMPLICATIONS

Bloody discharge

Continual abdominal pains

Sudden gush of water or leakage of amniotic fluid

Sudden, rapid weight gain

Increased blood pressure

Protein or sugar in urine

Severe back pain that does not subside with changing of position

Systemic edema, "pitting" edema