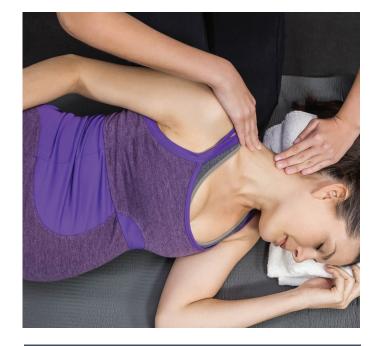
Pregnancy

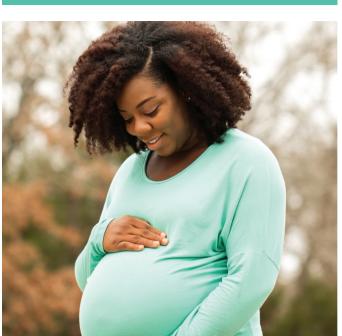


Massage therapy can help during this time of musculoskeletal, physical and emotional change.



Massage therapy is safe and effective at all stages of pregnancy.

Pregnant women can be treated in side-lying or in a variety of supported positions, with pillowing or bolstering techniques.



Massage Therapy Can Help To:

- Reduce symptoms of anxiety and depression
- Relieve low back pain, leg pain and other musculoskeletal and joint pain
- Relieve swelling in feet and ankles

- Relieve tension headaches
- Promote better sleep
- Decrease perception of pain if applied during labour or delivery
- Improve overall sense of well-being

Get a Pregnancy Massage Today!

Find an RMT with experience in Prenatal and Labour Support Massage at *mtam.mb.ca/find-a-massage-therapist.asp*



Make an appointment with your MTAM registered massage therapist or find one at mtam.mb.ca

Evidence-based research on how massage therapy works for this condition and more is available at **massageforlife.ca**. Information cards are provided by the Massage Therapy Assocation of Manitoba as a courtesy to our members.

