

**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](https://mtam.mb.ca/find-a-massage-therapist.asp)



**Make an appointment with your MTAM registered massage therapist or find one at [mtam.mb.ca](https://mtam.mb.ca)**

Evidence-based research on how massage therapy works for this condition and more is available at [massageforlife.ca](https://massageforlife.ca). Information cards are provided by the Massage Therapy Association of Manitoba as a courtesy to our members.