

Massage therapy during pregnancy

During pregnancy, many emotional and physical changes occur in a woman's body. Some of these, like weight gain, postural changes, and shifts in the centre of gravity, occur rapidly and may cause discomfort as a woman's body adjusts. Regular massage therapy can help the body keep up with these changes, and offers multiple other benefits. Helping the centre of gravity transition to its appropriate place as the baby grows means a woman can maintain comfortable posture throughout her pregnancy. Balancing the muscle groups that must accommodate the baby's growing weight will ease any resulting discomfort throughout the body, including in the neck and shoulders, low back, legs and feet. And massage therapy allows a woman to check-in regularly with her body, getting additional feedback from an experienced health professional, so that she can recognize any signs of concern and address them promptly with her health care provider. Also importantly, receiving massage at regular intervals during pregnancy can help to promote a relaxation response that a woman can tap into once in labour. Drawing from the relaxation exercises she has experienced

in massage, she can increase her chances of having a smoother and shorter labour. Ask your massage therapist about the most important times to receive massage when pregnant, and be sure to schedule appointments late in your pregnancy when you are likely to be in need of it the most.

Benefits of Massage Therapy for Pregnancy:

- Relieves stress and promotes relaxation
- Relieves muscle spasms, cramping, and pain
- Relieves headache discomfort
- Increases circulation of blood and lymph
- Relieves stress on weight-bearing joints
- Provides emotional support and nurturing touch
- Includes an ongoing educational exchange about the process of relaxation, breathing, and visualisation which helps facilitate the client's response during the labour process



To discuss whether massage therapy is appropriate during your pregnancy, please contact Lindsay McNamara, RMT at lmcnamara@bodypoets.com.

Our registered massage therapists

Call us at 613-222-0465 or visit our website and online booking calendar at www.bodypoets.com

Angus Henry, RMT
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Sports massage, jaw and TMJ complaints, myofascial release and Chinese cupping technique, effective home-care

Janet Penny, RMT
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Craniosacral therapy, lymphatic drainage technique, hot stone massage, motor vehicle injuries, effective home-care

Lindsay McNamara, RMT
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Pregnancy massage, infant massage, sports massage, myofascial release, chronic pain and injury treatments, effective home-care

Ellen Symons, RMT
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Chronic pain and injury treatments, Thai massage, breast massage, abdominal massage, relaxation massage, effective home-care

Lindsay McNamara, RMT joins Body Poets Massage Therapy



After seven years of practice in a wide range of clinics in British Columbia and Ontario, Lindsay McNamara, RMT is always finding new excitement and challenges in her work. Lindsay has

Lindsay McNamara RMT an active massage therapy practice, which she is pleased to bring to Body Poets Massage Therapy. In addition, teaching in the massage therapy programs of both private and public colleges in Ottawa means that Lindsay continues to learn about

the powerful, positive impact of massage therapy on the human body. And in her most recent undertaking as a licenced doula (birth coach), Lindsay is able to bring her skills to work for mothers, their partners, and newborns both in the massage room and as they go through labour and childbirth.

Lindsay's focus in massage therapy includes not only pre-natal and infant massage but also recovery from injury and surgery, relief of chronic pain, sports massage, myofascial release, general wellness massage, and effective home-care.

To book an appointment with Lindsay, call us at 613-222-0465 or visit our online booking calendar at www.bodypoets.com.