**PRE-NATAL PROTCOLS:**

* ***INTAKE FORM:*** Assess current & past health history info to determine if massage is acceptable for client.

If there have been problems with the current or a past pregnancy, a physician’s release for massage should be obtained before a session is scheduled.

* ***GENERAL PRECAUTIONS:***
* **No heavy draining, deep tissue, or percussion on the legs THROUGHOUT PREGNANCY & UP TO 8 WEEKS AFTER BIRTH due to possibility of blood clotting. Legs should be approached lightly and carefully. If there is a sign of swelling, heat and/or redness anywhere on the legs, no work should be done, as it may be a blood clot.**
* **Do not use hot stones, table warmers or any magnetic items throughout the duration of the pregnancy.**
* **If using hot packs, apply for no more than 5 minutes** (avoid low back & abdomen)

**(Hot pack should be NO MORE THAN 101 DEGREES )**

* **Avoid acupressure on contraindicated points (feet, ankles, hands, sacrum, etc.)**
* **Use a slower pace during the massage to stimulate a parasympathetic response.**
* ***FIRST TRIMESTER***
  + Make new assessment at each visit to decide if massage is contraindicated or if positioning needs to change from previous session.
  + Small Wedge under right hip when in supine up through 22 weeks
  + No deep abdominal work including psoas and quadratus
  + Prone only if client is comfortable with idea, otherwise semi-recline & side-lying esp. if having nausea or is experiencing tenderness in breasts
  + No deep compression work in lower back area
  + Avoid scents as it may cause nausea
  + Avoid passive range of motion or rocking if client is already experiencing nausea
* ***SECOND TRIMESTER***
  + Make new assessment at each visit to decide if massage is contraindicated or if positioning needs to change from previous session.
  + Suggest to client that she empties her bladder.
  + Have water available to drink in the room.
  + Begin side-lying after 22 weeks. Use semi-reclining position instead of supine. If supine is needed, limit to only 3-7 minutes for a specific technique.
  + Limit side-lying on right side to about 10 minutes.
  + Continue with general precautions stated above.
  + No deep abdominal work, including psoas & quadratus
  + No deep compression work in lower back area
* ***THIRD TRIMESTER***
  + Make new assessment at each visit to decide if massage is contraindicated or if positioning needs to change from previous session.
  + Continue with general precautions stated above.
  + Continue with semi-reclining and side-lying positions only.
  + No deep abdominal work, including psoas & quadratus
  + No deep compression work in lower back area
  + Assist client in getting up off the table is needed. Be sure table is lowered enough for client to step off comfortably.
* ***POST-PARTUM***
* Line table with several towels or plastic to protect from breast milk leakage. If leakage occurs be sure to clean carefully as pathogens can be passed on from the milk.
* Continue leg work precautions until 8 weeks after birth of baby.
* Continue with side-lying if client is not yet comfortable with the idea of being in prone.