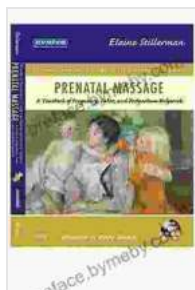


Textbook of Pregnancy, Labor, and Postpartum Bodywork: A Comprehensive Guide for Massage Therapists

Pregnancy, labor, and postpartum are all major life events that can have a significant impact on a woman's body. Massage therapy can be a helpful way to support women during these times by providing relief from pain, discomfort, and stress.

This textbook provides a comprehensive overview of pregnancy, labor, and postpartum bodywork for massage therapists. It covers everything from the basics of pregnancy to specific techniques for each trimester and postpartum period.



Prenatal Massage: A Textbook of Pregnancy, Labor, and Postpartum Bodywork (Mosby's Massage Career Development) by Elaine Stillerman

★★★★☆ 4.6 out of 5

Language : English
File size : 37081 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Print length : 480 pages
X-Ray for textbooks : Enabled



Chapter 1: The Basics of Pregnancy

This chapter provides an overview of the basics of pregnancy, including the stages of pregnancy, the changes that occur in a woman's body during pregnancy, and common discomforts of pregnancy.

Chapter 2: First Trimester Bodywork

This chapter covers specific bodywork techniques for the first trimester of pregnancy. These techniques are designed to relieve common discomforts of pregnancy, such as nausea, vomiting, and back pain.

Chapter 3: Second Trimester Bodywork

This chapter covers specific bodywork techniques for the second trimester of pregnancy. These techniques are designed to support the growing baby and relieve common discomforts of pregnancy, such as swelling, heartburn, and varicose veins.

Chapter 4: Third Trimester Bodywork

This chapter covers specific bodywork techniques for the third trimester of pregnancy. These techniques are designed to prepare the body for labor and delivery and relieve common discomforts of pregnancy, such as fatigue, insomnia, and constipation.

Chapter 5: Labor and Delivery Bodywork

This chapter covers specific bodywork techniques for labor and delivery. These techniques can help to relieve pain, promote relaxation, and facilitate the birthing process.

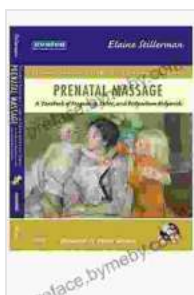
Chapter 6: Postpartum Bodywork

This chapter covers specific bodywork techniques for the postpartum period. These techniques can help to recover from childbirth, relieve pain, and promote relaxation.

This textbook is a valuable resource for massage therapists who want to learn more about pregnancy, labor, and postpartum bodywork. It provides a comprehensive overview of the subject matter and includes specific techniques that can be used to support women during these times.

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