



Nurturing Massage for Pregnancy: A Practical Guide to Bodywork for the Perinatal Cycle (LWW Massage Therapy and Bodywork Educational Series)

Leslie Stager

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Nurturing Massage for Pregnancy is a comprehensive resource for massage students and licensed massage therapists who treat pregnant, laboring, and postpartum clients. The author is a skilled perinatal massage instructor and a registered nurse, childbirth educator, and doula. The book offers step by step instructions for hundreds of Swedish massage techniques useful during the pregnancy, labor, and postpartum periods. The book also integrates myofascial release, acupressure, reflexology, and bodywork methodologies. Contraindications and precautions are examined, health intakes forms are discussed with sample forms pictured, and case studies highlight concerns and considerations. Video clips demonstrating specific techniques are available online.

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