

Prenatal Massage Routine – 60 Minutes

General Reminders for Prenatal

- **Positioning:** No prone (after 1st trimester), supine kept short or avoided; use **side-lying with bolsters**.
- **Support:** Place pillows between knees, under the arm, and under the head for spinal alignment and comfort.
- **Pressure:** Avoid **deep pressure** on abdomen, medial thigh (inguinal), and contraindicated reflex points (ankle, heel, medial arch).
- **Circulatory caution:** Work with venous return (toward heart). Avoid deep pressure on the inner thigh (risk of DVT).
- **Temperature:** No extreme heat or cold applications.
- **Communication:** Check comfort frequently, encourage feedback.
- **Endangerment Sites (prenatal awareness):** anterior neck, axilla, medial thigh/groin, popliteal fossa, abdomen.

Set-Up & Positioning

- Client lies **on left side** with **pillows/bolsters**:
 - Between knees and ankles for hip comfort.
 - Under head to keep cervical spine neutral.
 - Small pillow under right arm to keep shoulders relaxed.
- Drape so back, hip, and leg can be accessed without exposing abdomen.
- **Therapist stance:** use lunge or horse stance for body mechanics.

1. Settling & Scalp (≈3 minutes)

Objective: Ground and relax the nervous system.

1. Place one hand under occiput, the other gently on the crown. Pause for 1–2 breaths.
 2. Effleurage through scalp with fingertips, spreading fingers wide.
 3. Circular friction at occipital ridge, temples, and behind ears.
 4. Gentle hair-pull traction (if comfortable).
- *Reminder:* Avoid stimulating acupressure points (no strong temple pressure).
 - **Pacing:** Think “slow and stilling,” not stimulating.

2. Back, Hips & Neck (≈25 minutes)

A. Lower Back, Hips, and Glutes (≈10 minutes)

Objective: Relieve lumbar strain, support SI joint, and ease hip tension.

1. Broad **palmar effleurage** from sacrum up to mid-thoracic, return with lighter stroke. Repeat 3–4 times.
2. Place flat hand across **sacrum** → apply slow compression (no bouncing).
3. **Gluteals**: use heel of hand to make circular petrissage over glute max/med.
 - Focus lateral/posterior, not medial (avoid sciatic notch).
 - Gentle cross-fiber friction near SI joint.
4. Hip mobilization: place hand on greater trochanter, apply gentle rocking.
- *Reminder*: No deep trigger point work in piriformis. Pressure should be broad and nurturing.

B. Mid & Upper Back (≈10 minutes)

Objective: Address postural strain and scapular tightness.

1. Long **effleurage** along erector spinae, alternating hands.
2. **Petrissage** of erectors with heel of hand or soft fist.
3. **Scapular border**: slide fingers under medial border, use small friction circles.
4. Shoulder mobilization: gently protract/retract scapula while supporting arm.
5. **Trapezius**: knead with palm heel, use gentle compression holds.
- *Reminder*: Keep pressure moderate; avoid pressing anteriorly into chest or axilla.

C. Neck & Suboccipitals (≈5 minutes)

Objective: Relieve tension headaches and neck fatigue.

1. Cradle head, gently elongate cervical spine.
2. **Suboccipitals**: fingertip pressure circles under occipital ridge.
3. Knead along paraspinals (upper cervical to mid-cervical).
4. Gentle lateral flexion stretch (support head fully, no rotation).
- *Reminder*: No strong neck traction or end-range stretches in pregnancy.

3. Arm (≈4 minutes)

Objective: Circulation and relaxation.

1. Effleurage from shoulder → hand with both hands wrapping.
2. Petrissage of deltoid, biceps, and triceps.
3. Forearm rolling with palm.
4. Palm compression, gentle thumb circles in the base of the thumb.

5. Traction each finger lightly.
 - *Reminder:* Joints are looser due to **relaxin** — avoid overstretching.

4. Legs & Feet (≈8 minutes)

Objective: Support circulation, ease calf and foot fatigue.

1. Effleurage from hip → ankle with broad palms.
2. Petrissage quads, hamstrings, and calves with flat hand (no deep squeezing).
3. Gentle compression over lateral thigh and calf.
4. Foot sequence:
 - Plantar kneading with thumb pads.
 - Circular friction on heel.
 - Light traction and squeeze for each toe.
- *Reminder:* Avoid deep pressure on **medial thigh** (risk of DVT) and **contraindicated reflexology points** (inner ankle, heel, medial arch).

Client Position: Right Side-Lying (20 minutes)

1. **Back, Hips & Neck (12 minutes)**
 - Repeat shortened sequences with attention to balance.
 - Focus on gluteals, sacrum, and trapezius.
 - Neck: brief suboccipital release.
2. **Arm (4 minutes)**
 - Effleurage, kneading, hand stretches.
3. **Legs & Feet (4 minutes)**
 - Balancing strokes, quick foot relaxation.

Closing (2 minutes)

- Slow head-to-toe effleurage.
- Grounding stillness (hold shoulder/hip or cradle feet).
- Encourage client to rest before transitioning off table.

Prenatal Routine Cue Card – 60 min

Set-Up

- Left side-lying: pillows at head, between knees, under arm.
- Drape for back/hip/leg access.
- *Check comfort & breath throughout.*

Left Side (40 min)

Scalp (3 min)

- Crown cradle → scalp effleurage → occipital circles.

Back / Hips / Neck (25 min)

- Sacrum to shoulders: broad effleurage.
- Sacrum compression → glute circles → SI cross-fiber.
- Hip rocking at greater trochanter.
- Erector spinae knead → rhomboid petrissage.
- Scapula border friction → shoulder mobilization.
- Trapezius knead → compression holds.
- Neck cradle → suboccipital circles → gentle elongation.

Arm (4 min)

- Shoulder→hand effleurage.
- Deltoid/biceps/triceps knead.
- Palm circles → finger traction.

Legs & Feet (8 min)

- Hip→ankle effleurage.
- Quads/hamstrings/calves knead.

- Foot: arch knead → heel circles → toe squeeze/traction.

Right Side (20 min)

Back / Hips / Neck (12 min)

- Short effleurage sacrum→shoulder.
- Glute compressions → scapula knead.
- Trapezius/neck release → suboccipital circles.

Arm (4 min)

- Shoulder→hand strokes → quick knead.
- Palm compression → finger traction.

Legs & Feet (4 min)

- Light effleurage hip→ankle.
- Quick calf/foot knead.

Closing (2 min)

- Head-to-toe effleurage.
- Grounding hold at shoulder/hip or feet.

Safety Reminders

- Side-lying only (no prone after 1st trimester).
- Avoid deep abdomen, medial thigh, ankle reflex points.
- Gentle pressure, mindful of **relaxin** (loose joints).
- Support circulation: strokes toward heart

