



Therapeutic Massage

Just what the doctor ordered.

Massage therapy relieves pain, reduces stress, and promotes relaxation and general well-being. The many health benefits of massage make it a welcome addition to any chiropractic treatment plan. **The Wellness Spot** at SKAATES Family Chiropractic offers a quiet space where our patients can enjoy a doctor-prescribed massage provided by a licensed massage therapist. Please be aware that our massage services book up quickly, so don't delay – schedule your massage today.



Massage and Pregnancy

Benefits of Prenatal Massage

Studies indicate that massage therapy performed during pregnancy can reduce anxiety, decrease symptoms of depression, relieve muscle aches and joint pains, and improve labor outcomes and newborn health. Massage therapy addresses different needs through varying techniques, one of which is called Swedish Massage.

Swedish Massage aims to relax muscle tension and improve lymphatic and blood circulation through mild pressure applied to the muscle groups of the body. Swedish Massage is the recommended massage method during pregnancy because it addresses many common discomforts associated with the skeletal and circulatory changes brought on by hormone shifts.

Hormone regulation: Studies done in the past 10 years have shown that hormone levels associated with relaxation and stress are significantly altered when massage therapy is introduced to women's prenatal care. This leads to mood regulation and improved cardiovascular health.

In women who received bi-weekly massages for only five weeks, hormones such as norepinephrine and cortisol (hormones associated with stress) were reduced, and dopamine and serotonin levels were increased (low levels of these hormones are associated with depression).

These changes in hormone levels also led to fewer complications during birth and fewer instances of newborn complications, such as low birth weight. The evidence strongly suggests there are maternal and newborn health benefits when therapeutic massage is incorporated into regular prenatal care.

Reduction of swelling: Edema, or swelling of the joints during pregnancy, is often caused by reduced circulation and increased pressure on the major blood vessels by the heavy uterus. Massage helps to stimulate soft tissues to reduce the collection of fluids in swollen joints. This also improves the removal of tissue waste carried by the body's lymph system.

Improvement of nerve pain: Sciatic nerve pain is experienced by many women in late pregnancy as the uterus rests on muscles of the pelvic floor and lower back. The pressure of the uterus spreads tension to the muscles of the upper and lower leg, causing them to swell and put pressure on nearby nerves.

Massage therapy addresses the inflamed nerves by helping to release the tension on nearby muscles. Many women have experienced a significant reduction in sciatic nerve pain during pregnancy through massage.

Other potential benefits of prenatal massage: Reduced back pain, Reduced joint pain, Improved circulation, Reduced edema, Reduced muscle tension and headaches, Reduced stress and anxiety, Improved oxygenation of soft tissues and muscles, Better sleep. <https://americanpregnancy.org/>

