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Elaine Stillerman



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Pre- and Perinatal Massage Therapy Carole Osborne,Michele Kolakowski,David Lobenstine,2021-03-03 This is the third edition of a highly successful guide to using massage therapy through all stages of the birth process from pregnancy through labor and birth and into the long postpartum period It is primarily for massage therapists but is also intended for physical therapists other manual therapists and bodyworkers nurses and midwives physicians and doulas any professional who wants to integrate more therapeutic touch in their work The text combines what anyone who works with pregnant people needs an exhaustive distillation of current scientific knowledge alongside hands on recommendations specific techniques and business success from almost a century of the authors combined experience The reader will gain a detailed understanding of what is happening to the body during pregnancy and beyond how massage techniques can impact those changes and very concrete applicable strategies for how to work with maternity clients to make them feel better Amidst this abundance of detail about what to do the authors also explore the flipside what therapists need to modify and avoid to ensure that their work with pregnant and postpartum clients is safe how to recognize high risk factors or other complications how best to adjust treatment and how to work with medical healthcare providers throughout the process

Nurturing Massage for Pregnancy: A Practical Guide to Bodywork for the Perinatal Cycle Enhanced Edition Leslie Stager,2020-06-15 urturing Massage for Pregnancy is one of the most comprehensive books available for massage students and licensed massage therapists who treat pregnant laboring and postpartum clients The author is a highly skilled perinatal massage instructor who is also a registered nurse childbirth educator and doula

[Prenatal Massage - E-Book](#) Elaine Stillerman,2007-08-22 Authored by a well known expert on

prenatal massage this comprehensive text helps you understand the intricate physiology of pregnancy so you can confidently apply appropriate massage techniques for each trimester and throughout labor and postpartum You ll find clear colorfully illustrated explanations of a wide range of techniques and procedures including Swedish massage acupuncture points myofascial release trigger point therapy lymphatic drainage and reflexology Contraindications and precautions are also provided where necessary to help you provide safe and effective care for every client Comprehensive coverage guides you through all aspects of prenatal massage in a single book addressing fundamentals techniques preparation and prevention of potential problems Many useful techniques are described in detail for prenatal through postpartum massage with step by step instructions so you can begin using these techniques with your clients immediately Numerous boxes throughout the text highlight key information and provide clinical tips Touch Points and In My Experience boxes share the author s personal observations about the chapter material with real life examples from her years in practice Over 350 detailed full color illustrations and photographs illuminate procedures concepts and techniques Clear writing and organization addresses content in four main units pregnancy massage labor massage postpartum massage and marketing strategies A companion DVD packaged with the book contains 45 minutes of video demonstrating different massage techniques presented in the book DVD icons within the text encourage you to watch relevant video footage at appropriate points Learning objectives and key terms at the beginning of each chapter clearly identify the concepts you should focus on in the chapter Review questions at the end of each chapter enable you to assess your understanding and review important information presented in the book A glossary of all key terms and definitions makes it easy to quickly look up a new term or to refresh your memory

Medical Massage Care's Pregnancy Massage Philip Martin McCaulay,2012-12-21 Medical Massage Care s Pregnancy Massage contains a simple pregnancy massage routine Pregnancy massage is beneficial for back strain and strained leg muscles The book contains over 100 photographs of pregnancy massage to illustrate the techniques The strokes include effleurage petrissage friction and compression The book has a pregnancy massage routine that includes massaging with the woman in the supine lying on the back facing up position and massaging with the woman in the side lying position For a woman lying on her side the book contains descriptions and photos to demonstrate how to massage the back shoulders stomach hips hands wrists and arms For massaging a pregnant woman who is lying in a supine position it includes techniques for massaging the head and face stomach neck legs and feet Therapeutic massage improves health as a result of the positive physiological effects of soft tissue manipulation The effects of massage on the muscular system include allowing more flexibility the prevention of stiffness and soreness of muscles and the removal of metabolic waste The effects of massage on the cardiovascular system include increasing blood cell counts increasing stroke volume and decreasing the heart and pulse rate The effects on the nervous system include reductions in pain stress and anxiety Massage also improves the function of the lymphatic system

Loving Pregnancy Massage Ralph Napolitano,2000 Pre- and Perinatal Massage Therapy Carole

Osborne-Sheets,1998 *Massage for Pregnancy and Beyond* Michele Rosa Morrison,2020-08-18 Soothing massage to support a mother before during and after birth Pregnancy is an exciting and challenging time and expectant mothers need all the physical and emotional support they can get A massage from a partner or loved one can be a beautiful way to offer that support *Massage for Pregnancy and Beyond* is your how to guide for safe and comforting massage techniques that can be used by anyone looking to do something helpful and healing for a mom to be You ll learn the basics of effective massage therapy including simple sequences to relieve everything from sore feet and hip tension to supporting a woman through the remarkable event that is birth *Massage for Pregnancy and Beyond* features Advice for the entire journey Understand the changes mom s body is undergoing during each trimester of pregnancy as well as labor and the postpartum phase No experience required Simple instructions ensure you can easily learn techniques to soothe calm and support a pregnant loved one A closer connection Discover the beauty of healing touch to provide comfort safety and bonding for mom baby and partners Learn how pregnancy massage can help loved ones connect on the journey of bringing a new life into the world

Mother Massage Elaine Stillerman,2013-08-14 A Handbook for Relieving the Discomforts of Pregnancy Massage is a sensuous relaxing and loving treatment that has the added bonus of being especially good for you It s the perfect way to reduce stress and promote general well being During pregnancy your body is undergoing many changes some of them stressful and discomforting *Mother Massage* by licensed massage therapist Elaine Stillerman is a beautifully illustrated guide to help eliminate some of these adverse effects Designed to be used either alone or with a partner *Mother Massage* provides techniques for a variety of massages including full body massage preparation for labor and birthing massage massage during the postpartum and nursing stages and infant massage These techniques are explained in step by step illustrated detail You ll also learn special massages for treating such discomforts as Backaches Breast Soreness Charley Horse and Leg Cramps Headaches Heartburn Fatigue Morning Sickness Sciatica Stretch Marks Varicose Veins And Many Others Also included are sections on reflexology herbal remedies and nutritional requirements for pregnant and lactating women [Prenatal Massage and Therapy](#) Coyne Lucero,2024-05-17 *Prenatal Massage and Therapy* is an indispensable guide meticulously crafted for expecting mothers healthcare practitioners and massage therapists seeking comprehensive insights into the holistic benefits and best practices of prenatal massage This authoritative tome amalgamates evidence based research with practical wisdom offering a rich tapestry of knowledge for enhancing the prenatal journey Embark on a transformative exploration of prenatal well being as this book delves into the physiological changes emotional fluctuations and unique needs of expectant mothers With meticulous attention to detail it elucidates the therapeutic benefits of prenatal massage including alleviating discomfort reducing stress hormones improving circulation and fostering a deep sense of relaxation and connection with the baby Navigate through a wealth of techniques tailored specifically for the prenatal period ranging from Swedish massage to acupressure myofascial release and lymphatic drainage Each technique is thoughtfully illustrated and

accompanied by step by step instructions ensuring proficiency and safety for both practitioners and recipients Unravel the intricacies of prenatal anatomy and contraindications with comprehensive coverage of common discomforts such as back pain sciatica edema and insomnia Empower yourself with evidence based strategies for addressing these challenges through therapeutic touch positioning and bolstering emotional support Elevate your practice with invaluable insights into client communication consent and creating a nurturing environment conducive to the prenatal experience Delve into the ethical considerations scope of practice and professional standards essential for delivering exceptional care to expectant mothers Whether you are a seasoned massage therapist expanding your expertise or an expectant mother seeking optimal well being during pregnancy Prenatal Massage and Therapy is your definitive companion on the journey to nurturing empowering and embracing the transformative power of touch for the prenatal period Embark on a journey of holistic wellness tailored to the needs of expectant mothers Elevate your practice and nurture the prenatal experience with evidence based techniques and expert insights Discover the transformative power of touch with Prenatal Massage and Therapy your comprehensive guide to enhancing well being during pregnancy

Nurturing Pregnancy Massage Techniques, 2015 Expert massage therapist and instructor Meade Steadman demonstrates how to provide therapeutic massage training techniques that focus on the special needs of the mother to be through the different trimesters These common complaints during pregnancy include low back pain edema sciatica neck and shoulder pain leg cramping nausea and breast discomfort

Prenatal Massage Elaine Stillerman, 2007-08-22 This is a Pageburst digital textbook Authored by a well known expert on prenatal massage this comprehensive text helps you understand the intricate physiology of pregnancy so you can confidently apply appropriate massage techniques for each trimester and throughout labor and postpartum You ll find clear colorfully illustrated explanations of a wide range of techniques and procedures including Swedish massage acupuncture points myofascial release trigger point therapy lymphatic drainage and reflexology A companion DVD packaged with the book enables you to watch demonstrations of techniques Contraindications and precautions are also provided where necessary to help you provide safe and effective care for every client Comprehensive coverage guides you through all aspects of prenatal massage in a single book addressing fundamentals techniques preparation and prevention of potential problems Many useful techniques are described in detail for prenatal through postpartum massage with step by step instructions so you can begin using these techniques with your clients immediately Numerous boxes throughout the text highlight key information and provide clinical tips Touch Points and In My Experience boxes share the author s personal observations about the chapter material with real life examples from her years in practice Over 350 detailed full color illustrations and photographs illuminate procedures concepts and techniques Clear writing and organization addresses content in four main units pregnancy massage labor massage postpartum massage and marketing strategies A companion DVD packaged with the book contains 45 minutes of video demonstrating different massage techniques presented in the book DVD icons within the text

encourage you to watch relevant video footage at appropriate points Learning objectives and key terms at the beginning of each chapter clearly identify the concepts you should focus on in the chapter Review questions at the end of each chapter enable you to assess your understanding and review important information presented in the book A glossary of all key terms and definitions makes it easy to quickly look up a new term or to refresh your memory [Massage for a Peaceful Pregnancy](#) Gordon Inkeles,2007 A positive role for the expectant father throughout a pregnancy and after the birth With an easy to learn programme and step by step instructions presented in a layflat binding so readers can massage direct from the book Includes information on oils settings techniques and pre planned massages for every stage of the pregnancy as well as strokes and massages designed to minimalise or sidestep common pregnancy related ailments **Pre- and Perinatal Massage Therapy** Carole Osborne,2012 Pre and Perinatal Massage Therapy explores techniques of therapeutic massage and bodywork that enable massage therapists to support mothers and their babies throughout the childbearing year In this updated edition of her widely used and trusted text noted maternity massage therapist and teacher Carole Osborne details the physiological functional and emotional developments of childbearing The three Technique Manuals included in the text teach clinically refined techniques conveniently woven around women s common needs Back cover [The World's Best Massage Techniques The Complete Illustrated Guide](#) Victoria Stone,2010-12-01 Massage is one of the oldest healing modalities in the world and even modern science is proving its incredible power to soothe anxiety boost immunity and alleviate pain The World s Best Massage Techniques presents the most effective massage and bodywork techniques from around the world many of which have been used for thousands of years to soothe stress and tension alleviate discomfort and give pleasure This beautiful hands on guide teaches you how to skillfully apply a wide variety of massage and bodywork techniques from other cultures for relaxation stress relief and wellness Swedish Massage Kneading strokes lengthen tense muscles Hot Stone Massage Heated flowing movements penetrate tight knots Thai Yoga Massage Assisted stretches bring the body into alignment Reflexology Focused pressure activates energy meridians Lomi Lomi Sensuous strokes calm the body and mind Tantsu Close body to body contact creates intimacy Polarity Gentle rocking movements loosen muscles and joints Shiatsu Small compressions reduce pain and aid injury recovery Color photography and step by step layout make techniques understandable and immediately applicable With The World s Best Massage Techniques you can use the world s most exciting bodywork techniques in your own home **Press Here! Massage for Beginners** Rachel Beider,2019-02-26 Relieve pain alleviate tension increase relaxation and recover and prepare for physical activities Fun modern illustrations and intuitive organization combined with the expertise of licensed massage therapist Rachel Beider allow you to quickly implement this powerful wellness tool Massage therapy is a great way to connect and engage with your loved ones applying healing techniques to reduce pain and tension while increasing relaxation and enjoyment With this guide learn how to give a deeply enjoyable therapeutic massage to family members friends or oneself Beautifully illustrated and designed and with

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Thai Massage Techniques for Pregnancy, Labor & Postpartum Noam Tyroler,2018-09-06 A Practitioners guidebook for the treatment of pregnant and postpartum women This guide explains 25 treatment routines for the treatment of common pregnancy and postpartum discomforts The guide includes a treatment routine during labor

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