Maternity Massage: Side Lying Position

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Preface

This book designed to introduce the student to massage the women who are pregnant and who have just delivered. Specific bodywork techniques and body positioning using body cushions will be taught, massage demonstrated and practiced. Benefits, contraindications, and special considerations will also be taught. Course leaves the student with the ability to work with healthy women. Time permitting students may learn labor massage techniques. Prerequisites: Anatomy & Physiology and Swedish Massage
Maternity Massage Side

**STEP 1**

**Draping**

- Take out the clients arm out of the sheet and rise it up.
- Put a pillow case under her arm for draping.
- Slide the sheet from the underneath the pillow case down to the hips of the client.

**Note:**

Always keep client's privacy, only expose the area to be work on.
**Abdominal Area**

- Start with a superficial effleurage and go clockwise.

- Work on as much as you can on the exposed side of the abdomen.

**Note:**

Massage therapist typically don’t get involved with trying to turn the baby. It’s right on the border of scope practice issue.
You can start working on the ilium, get into the space between the ribs and the ilium where quadratus lumborum is located.

Lean your other hand on the client stably and rotate in with the other hand. You can do some twisting action.
Slowly get up all the way to erector spinae with some nice petrissage. You can stabilize your other hand into your body and lean forward so you will not stress your back muscle.

Then work on the scapula the rhomboideus, the trapezius and the lower trapezius muscle.

Do some petrissage around the thoracic region and along the spine.
You can also get into the rotator cuff really well, get into infraspinatus muscle, work with the deltoids and teres minor.

**Note:**

Don’t do deep work for maternity massage side mainly because of we don’t want to over stretch the tendons that are already relax.

From time to time always ask the client, if they feel uncomfortable. Communicate with them while you’re doing the maternity massage.
Work on the palm first, open it up and start doing some nice grinding motion.

Do some bracing on the clients hand while doing a gentle work up at the forearm with your other hand.

And work around to get the bicep and tricep. Make some petrissage on deltoids and brachialis.
Go up in the shoulder and do perpetual motion.

Do some petrissage on the pectoralis major and get a little bit in the pectoralis minor and just stabilize the clients arm.

![Massage Image]

**Note:**

Don’t pinch the webbing between the 1st and the 2nd finger.

Time to time when you move her hand around check your sheet, make sure you are not exposing your client.
Do some range of motion as you petrissage in the neck and around the spinous processes gently getting into the trapezius, levator scapulae muscles.

Now just have a nice up and own stroke to the neck and to the base of the occiput.
Stabilize the head of the client as you do a scalp work on the skull and the occiput region.

Just one side at a time, rub the ears, work on the temporomandibular area and directly to the frontalis muscle, the supraorbital ridge and along the mandible.

Note:

Be careful of scalene muscle group. You can work the scalene muscle but you need to be careful with your pressure because the brachial plexus comes out between the scalene muscle.
Go back in the arm, finish it with effleurage.

And now we will just work on the other side.

Note: As soon the client gets off the table you have to make sure that your clients gets up slowly.