



REGIONAL CHIROPRACTIC CENTER

L A K E N O R M A N

736 Brawley School Road • Suite E • Mooresville, NC 28117
Office: 704-664-1031 • Fax: 704-664-1035 • www.regionalcc.com

Prenatal Massage Release

Possible Prenatal Benefits:

Massage Therapy during pregnancy is not intended to replace appropriate prenatal care. When used as a form of adjunctive health care, some of its possible benefits include:

1. Relief from musculoskeletal pain and tension including sciatica symptoms, back and neck pain.
2. Increased blood and lymph circulation, reduced edema, reduced inflammation, and relief from varicose veins.
3. Facilitation of respiratory, gastrointestinal, hormonal, and other physiological processes.
4. Reduction of stress and promotion of relaxation through activation of the parasympathetic nervous system.
5. Development of kinesthetic awareness necessary to actively participate in birthing.
6. Shorter, less painful labor and reduction of labor complications and interventions.

Possible Postpartum Benefits:

1. Facilitation of the restoration of pre-pregnancy physiology/structural alignment.
2. Facilitation of the healing of hemorrhoids, bladder disorders, post-episiotomy soreness, and Cesarean section through toxin removal.
3. Assistance with the body usage to minimize the physical and structural stress of child care.
4. Facilitates healthy lactation.

Conditions of pregnancy which would dictate specific modifications by your licensed massage therapist:

1. Threatened miscarriage or early labor.
2. Placental dysfunctions or intrauterine growth retardation.
3. Hypertensive disorders of pregnancy including pregnancy induced hypertension, and preeclampsia
4. Gestational diabetes/ pre-pregnancy diabetes mellitus.
5. Pitting edema,
6. Previous pregnancy problems.
7. Multiple pregnancy or mother's age (Under 20 or over 35)
8. Cardiac, Pulmonary, renal, or liver disorders.
9. Chronic hypertension.
10. Drug or hazardous materials exposure.
11. Suspected Rh-negative mother, or maternal genetic problems, including DES exposure and other uterine abnormalities.
12. Risk of fetal genetic disorders.
13. Convulsive disorders.

Criteria for Massage Therapy: Massage Therapy and bodywork is beneficial throughout the pregnancy, as well as post partum. It is suggested that you discuss receiving therapy with your prenatal healthcare provider. If you have or have had any of the complications, conditions, or high risk factors listed above, discuss your condition with your licensed massage therapist and your prenatal healthcare provider. Please read and sign the following verification and release. Please have your healthcare provider read the information sheet and read and sign the release at the bottom of the verification/release form attached. Submit the signed form at your massage appointment.



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Patients Verification and Release:

I, _____, verify that I have received information concerning the benefits of massage therapy during pregnancy. The practitioner has discussed this information with me and the provider/physician any health concerns that I had about my participation.

I understand that I will be receiving massage therapy as a form of adjunctive health care only and that this therapy is not intended to replace appropriate medical care.

I do forever release the practitioner, and their insurers, from all liability of any nature whatsoever, whether past present or future for any injury or damage which may occur to myself or my family as a result of my participation in this therapy.

Signature: _____

Date: _____

Print: _____

Maternity healthcare provider's release for therapeutic massage during pregnancy

_____ (patient), is under my supervision for prenatal health care and has requested prenatal/post partum massage therapy. Therapeutic massage would, in my opinion, be an acceptable form of adjunctive care during her pregnancy. I have listed below any limitations in massage procedures for this patient:

Signature: _____

Date: _____