

BIRTHING NATURALLY

Massage Techniques to Try

For the Arm:

Support the arm with one hand and knead the arm with the other. If the arm is large enough you can work with both hands on one side kneading and wringing firmly without hurting.

Stroke up from elbow and back down in a circle. Try with both hands working opposite (one going up, one going down).

For the Hand:

Hold her hand palm down and use your other hand to work on each finger separately. Stroke from tip to knuckle then squeeze finger.

Hold her hand palm up in one hand and stroke the palm with the heel of your other hand. Push down toward the wrist then glide back.

For the Back:

Do penetrating circular pressures with your thumbs all over the sacrum (base of the spine). Rest fingers on her hips for support.

Press deeply with your thumbs into the center of each buttock. This can relieve lower back pain.

For the Foot:

Support the foot with one hand and stroke the sole firmly with the heel of your other hand.

Apply deep pressures with your thumbs in a line down the center of the sole to the heel.

For the Face:

Stroke gently, one hand following the other in a smooth, rhythmic sequence up the forehead into the hairline.

Place your thumbs on the bridge of the nose. Stroke out to the temples and press gently. Repeat going higher each time.

For the Leg:

Place your hands on either side of the thigh, fingers facing away from you. Pull your hands up the sides, glide them over the top and down the other side. Work upward from the knee.

The thighs can take a lot of firm kneading. Work deeply and strongly on the outer thigh and more gently on the inner thigh.