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Pre- and Perinatal Massage Therapy: A Comprehensive Practitioners' Guide to Pregnancy, Labor, and Postpartum: Nurturing the Births of Mothers and Their Babies

Carole Osborne CMT NCBTMB

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Pre- and Perinatal Massage Therapy: A Comprehensive Practitioners' Guide to Pregnancy, Labor, and Postpartum: Nurturing the Births of Mothers and Their Babies Carole Osborne CMT NCBTMB This book will give a comprehensive foundation manual therapists need to safely and effectively support the birth of a mother and her baby. It covers the techniques and benefits of therapeutic massage and bodywork throughout pregnancy and labor, and in the postpartum period. Physiological, structural, and emotional developments in the childbearing year are explained, emphasizing ramifications for somatic practices. General guidelines for effective, safe therapy are presented, with specific contraindications and precautions relevant to each trimester.

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