



Pregnancy Reflexology



Pregnancy is one of the most special conditions a woman can experience in life. Hormonal changes occur dramatically, provoking an alteration in many physiological functions. Reflexology can help restore balance in most of the cases, treating conditions symptomatically, alleviating and stimulating. These are a few examples of particular cases in which reflexology has demonstrated to be beneficial in pregnancy and as a preventive of serious conditions during labour:

- Anaemia
- Anxiety
- Appetite regulation
- Backache
- Blood pressure regulation (except cases of pre-eclampsia and eclampsia)
- Constipation or any change in bowel movement pattern
- To help prevent Diabetes caused by pregnancy (Gestational Diabetes)
- Haemorrhoids
- Insomnia
- Muscular fatigue
- Muscular tension
- Nausea and vomiting
- Oedema
- Urinary tract problems (difficulty to urinate, cystitis, etc)
- To improve flexibility of pelvic floor

Even though Reflexology is mostly a safe therapy, you should consider that some conditions are totally contraindicated to the Reflexology treatment during Pregnancy and they require immediate medical intervention:

Placental abruption

Continuous vomiting

Pica Syndrome

Placenta praevia

Toxaemia: Pre-Eclampsia -
Eclampsia

HELLP Syndrome

Bleeding

DVT (Deep Vein Thrombosis)

Important!

Always inform your health care provider that you are receiving Reflexology treatments during Pregnancy. Today, more and more health care providers are aware of the benefits of Reflexology and natural therapies during Pregnancy, referring their clients to improve their life quality during this period. However, it is better that you get the proper assessment on the appearance of any condition that might be risky.

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